THE SHAKERITE

November 29, 2006 • Volume 77 • Issue 3• Shaker Heights High School • 15911 Aldersyde Drive • Shaker Heights, Ohio 44120

Drawing their way to college

Students in Dan Whitely's Advanced Placement Portfolio class dedicate two periods a day to perfecting their artwork.

LIMELIGHT, PAGE 10

NEW PLANS FOR OLD LAKE

HORSESHOE LAKE RENOVATIONS ARE IN THE WORKS. FLIP TO NOTEWORTHY TO GET THE DETAILS.

PAGE 6

LET THE CAMERAS ROLL

STUDENT MOVIE MAKERS HOPE TO TURN THEIR FAVORITE HOBBY INTO A CAREER.

PAGE 11

CALORIE COUNTING

CONVENIENT SNACK PACKS WITH ONLY 100 CALORIES ARE ALL THE RAGE, BUT HOW HEALTHY ARE THEY REALLY?

PAGE 12

COVER SHOT

Senior Mary Winkelman works on her double self-portrait during Advanced Placement Portfolio class. The portrait is one of eight pieces that will be included in her portfolio for college. AP Portfolio students submit their portfolios to several competitions including the Scholastics Art Show. Photo by Adam Maraschky

What's Inside

11.29.06

EDITORS' NOTE

Giving shouldn't require incentives

Charity giving used to be entail caring enough about those less fortunate, supporting an honorable and worthy cause and of course, that warm fuzzy feeling that comes with knowing you've helped improve the world, one nickel at a time.

WESLEY LOWERY

But thanks to Student Council, these once humble ambitions have been replaced with aspirations of cheap pizza 'earned' by desperate students, respected school leaders with shaved heads and pathetic free styling by everyone's favorite educators.

While a little leg pulling is to be expected in the art of high-school fundraising, Student Council's unprecedented variety of sideshow-worthy enticements is not just embarrassing: it's uncalled for.

ALLISON SCHARFSTEIN

By offering incentives, student council is promoting blind donations, as opposed to encouraging well-researched charity giving. Is the point of charity giving really to encourage underachieving math students to give up their RTA fare *to see the merciless demise of Mr. Slovikovski? While we've all* fantasized about watching our high school teachers being consumed in a sea of red and white Shaker football jerseys. Students still need to think before dishing out those last few dollars.

In the real world, the United Way doesn't force mildly-compliant health teachers to sing and dance every time you write off $5 towards their cause. And though the daily reminder announcements are nice, their redundant bribe-laden pleas won't be following us out of the halls of this building and onto the streets the of the world.

As our student government, Student Council needs to promote responsible charity choices. Since these publicized incentives only apply to United Way giving, (it's doubtful that the Red Cross will be offering tap dancing by Hutch), students are blindly giving exclusively to one organization for prize they've been promised, as opposed to choosing an organization that they feel will best represent their preferred donation location.

Students need not be discouraged by the lack of rewards received from other charities. The feeling that comes with donating whole-heartedly without an unneeded bribe, will most definitely outweigh the cheated feeling you'll have after you realized you've paid $5 to hear six of your favorite teachers' horrid rendition of Al Slawson's civility rap.

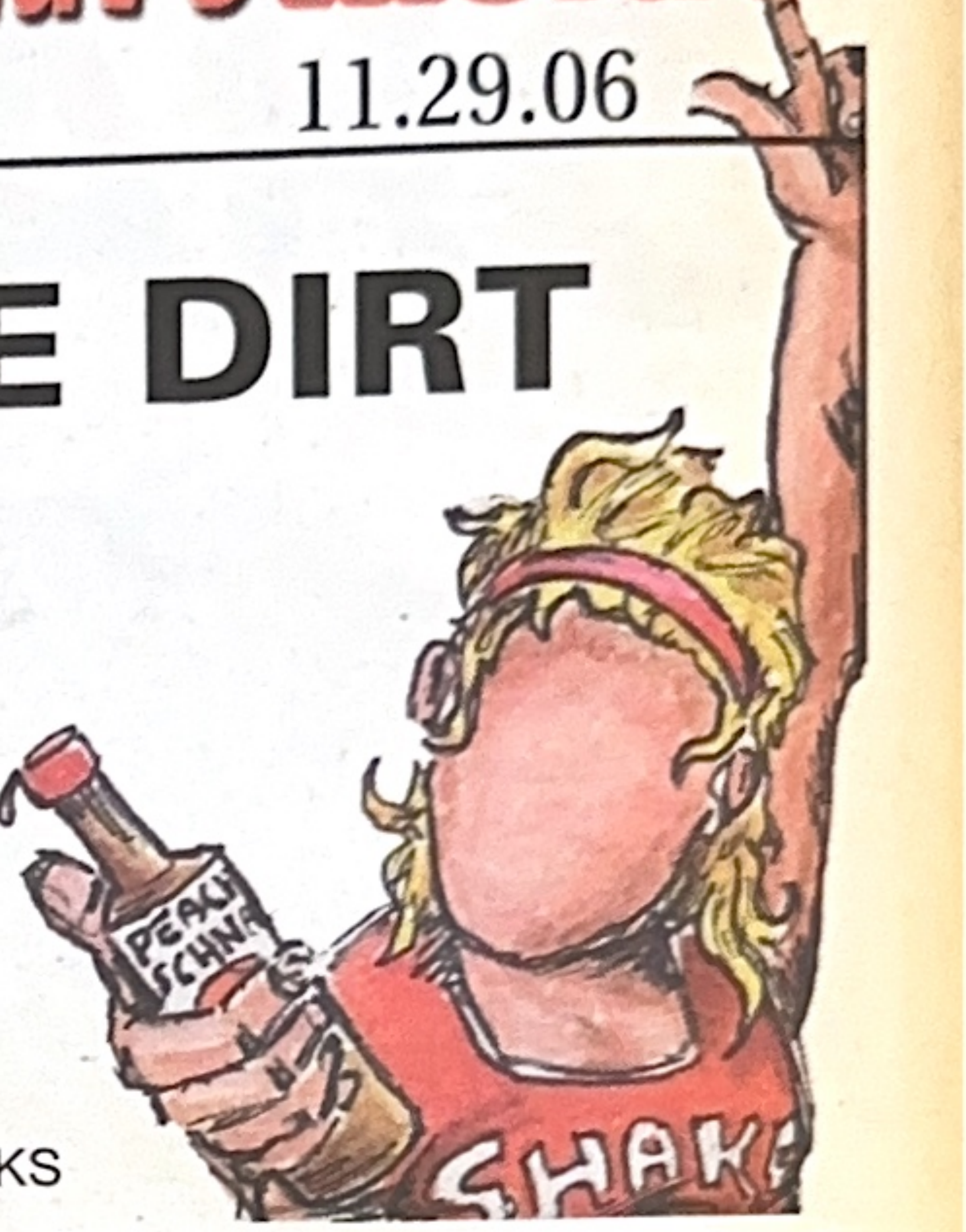
If you are donating money for the sole purpose of smashing on pizza, you'll probably end up disappointed. Not only are you missing out on the true bliss that comes from giving to charity, but chances are, the pizza will be soggy anyway.

Finally, if you're going to attempt to tempt us with mediocre rewards, at least give us worthwhile options. Seeing Principal Griffith's scarcely head being shaved isn't the worth our lunch money.

GQ DISHES THE DIRT

A month after the release of Shaker grad Devin Friedman's controversial article 'The Unbearable Awkwardness of Being,' Shaker students give their take on the reporter, the article and the controversy.

PAGE 8, SHAKER SPEAKS



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This Month

11.29.06

WINTER BREAK JUST GOT A WHOLE LOT COOLER

The ideal winter break consists of tanning on the beach, surfing and sipping virgin piña coladas. Being stuck in Shaker for two weeks with nothing but snow and subzero temperatures is far from the ultimate winter vacation. For those of you who are trapped here, don't panic just yet. From shopping to indoor amusement parks, winter break in Shaker will blow that cruise in Hawaii away. You may not get a tan, but staying in Cleveland this year will be worth your while.

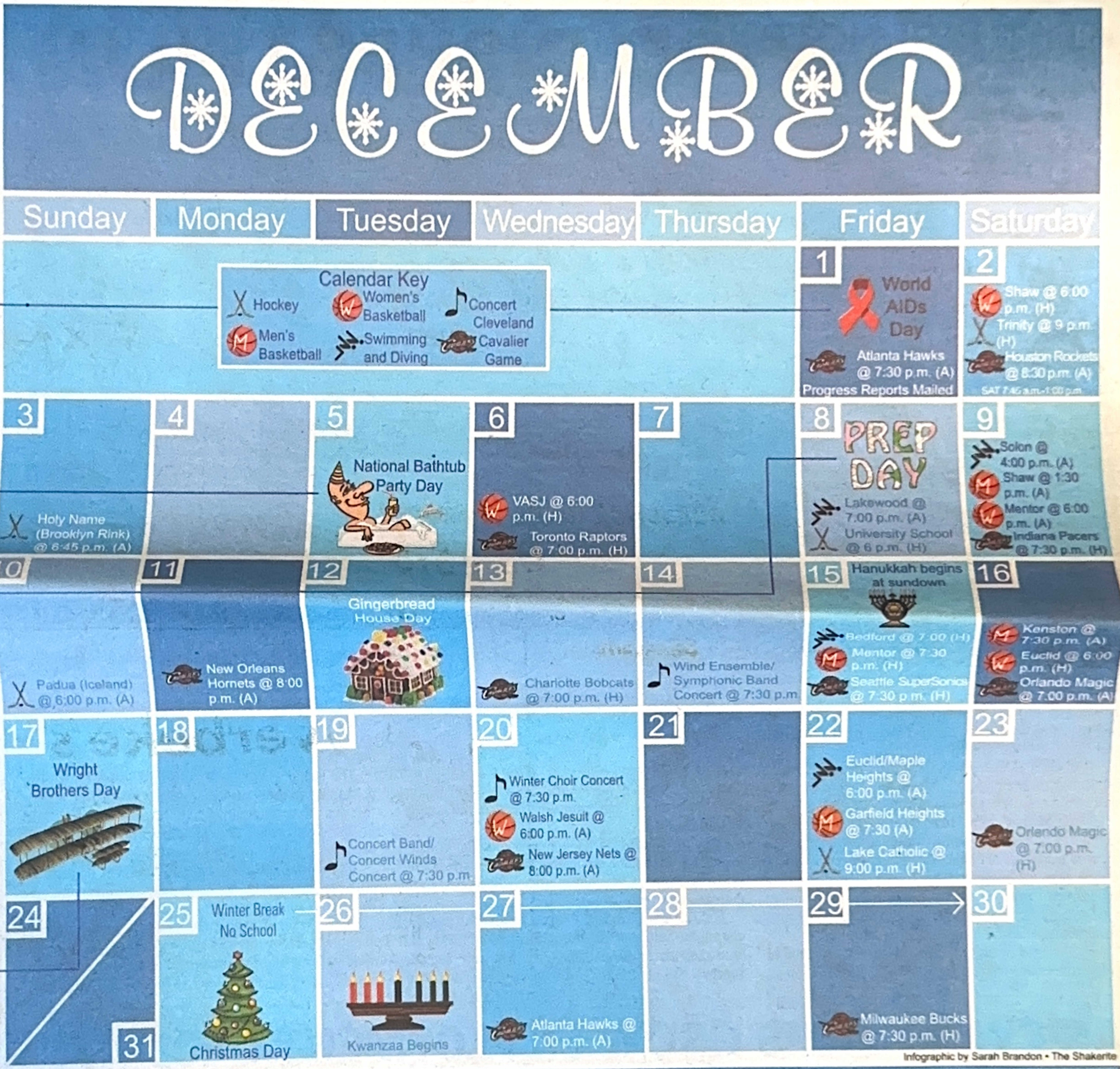
IN A SHAKER MINUTE...

For the last 15 years, millions of people have gotten together to raise awareness for HIV/AIDS. Over 40 million people worldwide are currently living with one of these diseases. Show your support by wearing a red ribbon on this day. To order a ribbon or to get more information, visit worldaidsday.org

In our busy lives we rarely get the chance to take a nice leisurely bath. Bathtub Party day gives you a good excuse to jump in a bathtub. Grab that yellow rubber ducky, pour in some bubbles and invite your friends over to enjoy the benefits of the bathtub party day!

The University School versus Shaker hockey game is always a game to see. During the school day, you can show your support for the hockey team by dressing up in "preppy" clothing. Pop your collars, wear your ties and knee socks, and bust out the pleated skirts. Making fun of the Preppers has never looked so good.

Without these two men, we wouldn't be able to get to California in four and a half hours, so it seems appropriate we have a day to commemorate their contribution to transportation. Orville and Wilbur Wright successfully flew the first airplane in 1901. They cut transportation time in half and started what is now a huge industry. We owe them a lot of thanks!



DECEMBER

Calendar Key
- 🏒 Hockey
- W Women's Basketball
- M Men's Basketball
- 🏊 Swimming and Diving
- ♪ Concert
- 🏀 Cleveland Cavalier Game

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 World AIDs Day 🏀 Atlanta Hawks @ 7:30 p.m. (A) Progress Reports Mailed	2 W Shaw @ 6:00 p.m. (H) 🏒 Trinity @ 9 p.m. (H) 🏀 Houston Rockets @ 8:30 p.m. (A) SAT 7:45 a.m.-1:00 p.m.
3 🏒 Holy Name (Brooklyn Rink) @ 6:45 p.m. (A)	4	5 National Bathtub Party Day	6 W VASJ @ 6:00 p.m. (H) 🏀 Toronto Raptors @ 7:00 p.m. (H)	7	8 PREP DAY 🏊 Lakewood @ 7:00 p.m. (A) 🏒 University School @ 6 p.m. (H)	9 🏊 Solon @ 4:00 p.m. (A) M Shaw @ 1:30 p.m. (A) W Mentor @ 6:00 p.m. (A) 🏀 Indiana Pacers @ 7:30 p.m. (H)
10 🏒 Padua (Iceland) @ 6:00 p.m. (A)	11 🏀 New Orleans Hornets @ 8:00 p.m. (A)	12 Gingerbread House Day	13 🏀 Charlotte Bobcats @ 7:00 p.m. (H)	14 ♪ Wind Ensemble/Symphonic Band Concert @ 7:30 p.m.	15 Hanukkah begins at sundown 🏊 Bedford @ 7:00 (H) M Mentor @ 7:30 p.m. (H) 🏀 Seattle SuperSonics @ 7:30 p.m. (H)	16 M Kenston @ 7:30 p.m. (A) W Euclid @ 6:00 p.m. (H) 🏀 Orlando Magic @ 7:00 p.m. (A)
17 Wright Brothers Day	18	19 ♪ Concert Band/Concert Winds Concert @ 7:30 p.m.	20 ♪ Winter Choir Concert @ 7:30 p.m. W Walsh Jesuit @ 6:00 p.m. (A) 🏀 New Jersey Nets @ 8:00 p.m. (A)	21	22 🏊 Euclid/Maple Heights @ 6:00 p.m. (A) M Garfield Heights @ 7:30 (A) 🏒 Lake Catholic @ 9:00 p.m. (H)	23 🏀 Orlando Magic @ 7:00 p.m. (H)
24 31	25 Winter Break No School → Christmas Day	26 Kwanzaa Begins	27 🏀 Atlanta Hawks @ 7:00 p.m. (A)	28	29 → 🏀 Milwaukee Bucks @ 7:30 p.m. (H)	30

Infographic by Sarah Brandon • The Shakerite

TOP 5 WAYS TO KEEP YOUR WINTER BREAK HOT

Staying home for winter break is no longer a lame excuse for a winter vacation. You don't need 85-degree weather and a beach to enjoy this two-weeklong retreat from school. If playing in the subzero climate isn't your idea for a good time, there are awesome activities that'll quench your thirst for fun and keep you warm!

1. INDOOR WATER PARK

Who says you can't go to a water park in the dead of winter? Splash Lagoon Indoor Water Park Resort, located in Erie, PA, offers everything an outdoor water park would. With water slides, pools and hot tubs, you are guaranteed to have a fun time. So if you're wiling to drive the 93 miles to this oasis in the tundra visit splashlagoon.com.

2. BAKING

Instead of noshing on chips and popcorn, indulge yourself in the holiday's finest foods. Cooking not only kills time but the ending product is worth it. For holiday treats pick up a copy of the newest edition of the "Betty Crocker Cookbook (Holiday Bonus Edition)" by Better Crocker Editors. If your culinary skills are below average, the Mustard Seed Market & Café in Solon offers cooking classes. One is a Gingerbread Workshop that helps you assemble your very own gingerbread house for $50 per person. Classes fill up quick so call (440) 519-3663 to reserve a spot.

3. SHOP 'TILL YOU DROP

We all know shopping before the holidays is frenzied with the crowds and high prices. To avoid the havoc, take a trip to Aurora Farm Premium Outlets in Aurora, Ohio. Here there are a collection of 70 outlet stores, including outlets of some of the most popular retailers such as Saks Fifth Avenue and Adidas. And if you're determined to make this winter feel like a vacation in the sun, you can drop into Sunglass Hut for designer shades at a discounted price. For more information call (330) 562-2000.

4. SPORTS DOME

Attention athletes: just because it's snowing outside doesn't mean you can't play your favorite sports. At The Sports Dome you can play a wide variety of sports such as golf, dodgeball and football. You can also pay a small fee for individual or team athlete training as well as field space. For more information visit thesportsdome.com.

5. MOVIE MARATHON

While we are busy with school, our cramped schedules often cut into our movie watching and television viewing time. This winter break is a prime opportunity to catch up. So why not watch every Sex and the City season or a couple newly released movies on DVD, like "My Super Ex-Girlfriend," "Miami Vice" or "The Devil Wears Prada." Rent a couple of flicks, invite your friends over, pop a bowl of popcorn and veg in front of the TV all day long!

Compiled by Sarah Brandon

SHAKER GRADUATES INDUCTED INTO THE ALUMNI HALL OF FAME

Thomas Deutsch, '50
Charlotte Jaffe Cowan, '47
John A. Horner, Jr., '46
Todd Anthony Sams, '90
Benedict R. Schwegler, Jr., Ph.D., '67
Herbert Ascherman, Jr., '65
Kenneth Berns, M.D., Ph.D, '56
Lee Seidman, '50

THE GREAT MIGRATION

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Adam Maraschky • The Shakerite

A Shaker homeowner on Elsmere Rd, near Fernway, rakes his leaves. In the background three real estate signs are visible, showing the greater number of homes going on the housing market.

• *Shaker continues to develop as new generation of homeowners inhabit sold residences*

BY SAM WINEGARDNER
STAFF REPORTER

Despite negative real estate trends, an increasing number of homes in Shaker and surrounding areas are going on the housing market.

"I think Shaker is going down hill," said sophomore Jeff Reese. "There's a lot of houses for sale on my street and I think the high taxes are driving people away."

Senior Molly Fisher blames taxes as the driving residents out of the community. "More and more people want to move out of Shaker for one reason or another," Fisher said. "My mom doesn't want to pay the high school taxes after I graduate and don't go to school at Shaker anymore. What is the point of paying high taxes so someone else's kid can get a good education?"

According to city data, Shaker spends about $9,000 on each student annually, compared to the $6,000 national average. The majority of that money is supplied by property taxes. According to the 2000 Census, Shaker's population had dropped 4.52 percent since the 1990 census.

According to city data, from Jan. 2005 to May 2005, 421 houses in Shaker went on the market; 363 of them sold in an average of 81 days, at an average price of $245,219. However, since April 1, only 47 houses have closed, and the average number of days on the market has risen to 91.

This trend has lead Ellen Weiner of Keller Williams Realty, a local relator, to declare Shaker a buyer's market, which means that house prices are catered to the demand of buyers.

Senior Denicka Turnage thinks that crime could be driving the values of houses on the market. "They just found a body on Scottsdale, and other stuff just gives Shaker a bad reputation," Turnage said, referring to the early November incident in which a dead body was found in the back yard of a home on Scottsdale. However, according to city, the crime rate in Shaker is lower than the national average, and it has dropped nearly one-fourth since 1999.

The lack of economic opportunity in Shaker is also driving more residents away. The 2000 Census stated that the job growth is negative .72 percent (compared to 1.3 percent nationally), and the future job growth is negative 3.96 percent (9.06 percent nationally).

Senior Jonathan Drew offers yet another theory. "It is just part of a rotation," Drew said. "The old people are leaving and the younger families are moving in."

Shaker's cost of living, an estimated 14 percent higher than the average American city, may cause people to reevaluate their housing situations. The average house in Shaker costs $262,300, compared to $208,500 nationally.

AS CLASS SIZES GROW EMPLOYMENT DECLINES

BY RACHEL KAISER
STAFF REPORTER

Over the summer, the Shaker School District lost seven full time high school teaching positions.

Although no teachers were fired, the district chose not to fill positions vacated for other reasons such as retirement, non-renewals and relocations. Some classrooms have become overcrowded due to this loss.

Science teacher Ken Culek said, "There has to be more control over a large class it may restrict the number of discussions you have and it takes away from the fun things you can do."

English teacher Eleni Manous-Nolan said that larger classroom sizes make it easier for a student to "hide" in the classroom, but that she makes a conscious effort to notice and encourage all of her students. "I do what works for the students and what would accommodate the most student/teacher interaction...I like small-group discussions and team projects that break down the class and allow students to get support and feedback from their peers and from me," she said.

"I don't think large class sizes are that different because all the classes are big, so you get used to it, you learn to live with it," freshman Abby Christman said.

The average teacher to student ratio, which was 1-to-22 last year, has increased to 1-to-24 this year.

"The decrease in the amount of teachers has an impact, particularly in writing classes," Principal Michael Griffith said. Griffith noted that overcrowded classrooms could produce a difficult learning environment.

Some elementary classrooms were expanded by removing cloakrooms in an attempt to consolidate large numbers of students into fewer rooms. Additional desks were purchased over the summer to accommodate the larger classes in the high school.

The 2006 Shaker school levy approved a 5 percent reduction of the school district's budget. In response to the budget decline, school officials are taking cost-cutting measures, which include a salary freeze for up to 25 percent of the personnel, stricter overtime regulations and an 8 percent reduction in budgets for materials and services.

"There are literally people that sit on the floor and on the windowsills to see the board when we're taking notes," history teacher Paul Kelly said.

BRIEFS

BOARD OF EDUCATION

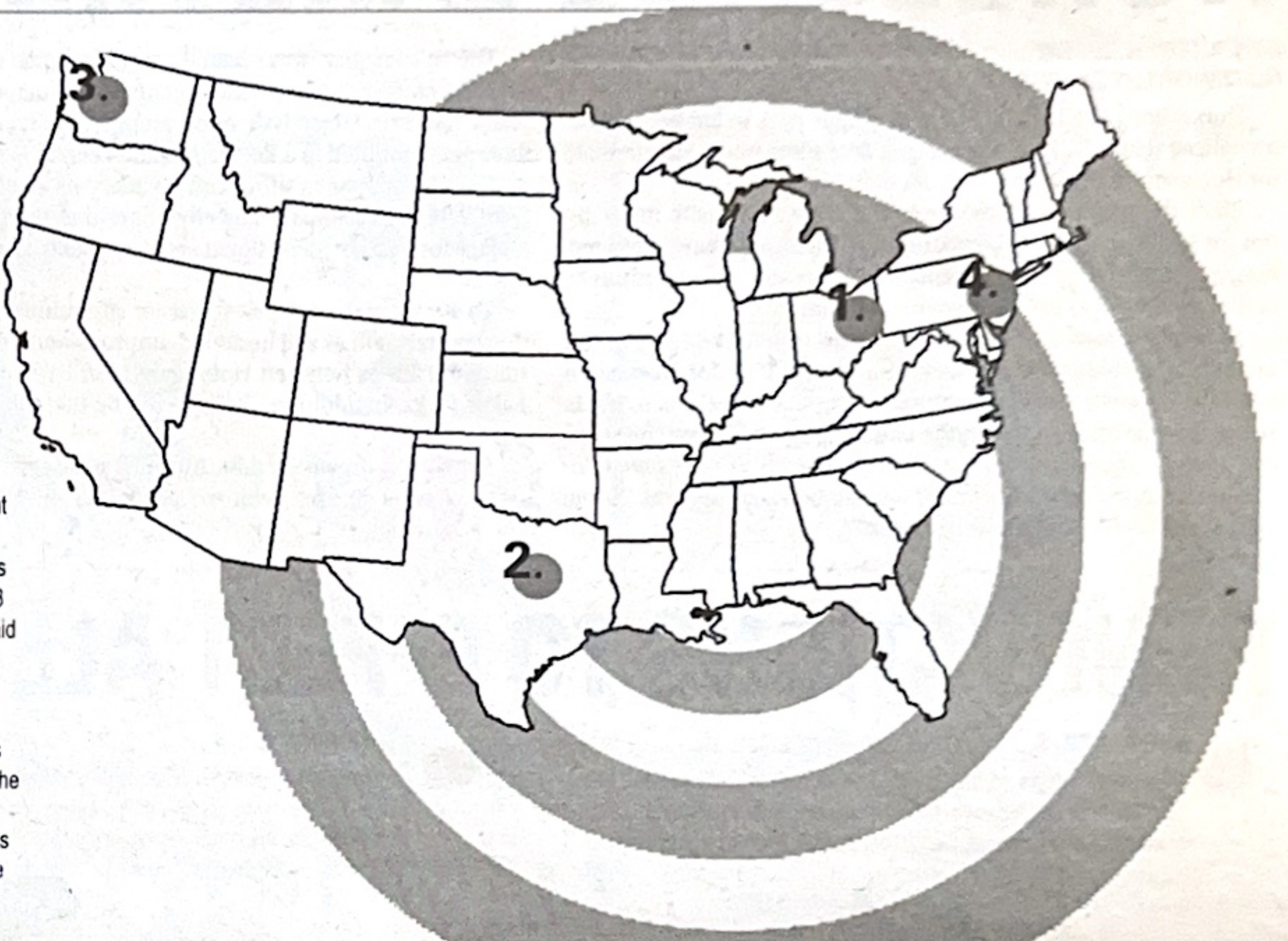
- As part of a statewide mandate, a lockdown drill will be conducted in all of the district's schools. District Superintendent Mark Freeman said that the purpose of the drill is "to prepare students and staff for the possibility of critical event." The protocol for this type of event is outlined in the ready reference guides, developed by the district with the help of the Shaker Heights Police Department. "The police will observe the drill and we will be able to fine tune from there . . . we are trying to keep this as simple as possible," Freeman said. During the drill, students and adults will be required to clear the halls and other open spaces and go to the closest classroom.

- Bids to replace the windows at the high school and Boulevard Elementary School will be accepted later this month and approved by the school board. The new windows will be energy-efficient and low-maintenance. A total of $2.8 million has been set aside in bond issue funds for the project.

- Proposed renovations would outfit the large auditorium with new wiring, carpeting, heating, ventilation, stage, curtains and sound/lighting systems. The chairs will be reupholstered and painted. Construction is expected to begin over the summer before the 2007 school year and completed during the year. The estimated cost is around $2.5 million, to be partially funded by the Shaker Schools Foundation.

- Taylor Branch, a Pulitzer Prize winning author, will be speaking at the high school Dec. 5 at 7:30 p.m. His latest book, "America in King Years," is the last installment in his 2,912-page trilogy, which documents the life of Martin Luther King, Jr. and was released in Jan. 2006. The event is free and open to the public, but seating is limited.

USA news



1. PARMA, OHIO

The Supreme Court agreed to consider whether it is possible to appear in federal court without a lawyer. According to the Associated Press, the debate is in response to an appeal made by the parents of autistic child Jacob Winkelman, who are attempting to sue their child's school without a lawyer. The parents, Jeff and Sandee Winkelman, said that they could not afford a lawyer to argue their court case against the school district of Parma, Ohio.

2. DALLAS

A veteran art teacher, Sydney McGee, was suspended after a student caught a glimpse of nude artwork during a field trip. The teacher has since reached a settlement with the Frisco Independent School District, the New York Times reported. According to the New York Times, the settlement, approved Oct. 23 by the school board, states that the teacher must forfeit her job but will be paid the remaining balance of her $57,600 annual salary by next May.

3. SEATTLE

A school bus driver, fired after she reportedly made an obscene gesture at President Bush's motorcade, has filed a union grievance in an attempt to get her job back, the AP reported. The 43-year-old driver was transporting middle school children back to school after a field trip to the zoo June 16. She then allegedly made an obscene sign at the presidential motorcade, as it slowly drove past. District officials learned of the incident after an employee over heard the driver boasting to colleagues about it.

4. NEWARK, N.J.

A New Jersey high school teacher was charged with sexual assault and endangering the welfare of a child, the AP reported. The teacher, Hassan Vann, a music instructor at the West Side High School in Newark, began allegedly sexually abusing a 14 year-old boy in December 2000. The teacher is accused of infecting the student with HIV after the two began to engage in frequent unprotected sex both at the school and at Vann's house. The now 20 years-old victim notified authorities about the relationship in May 2005. If convicted, Vann could face up to 30 years in prison.

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Compiled by Bobby O'Connor
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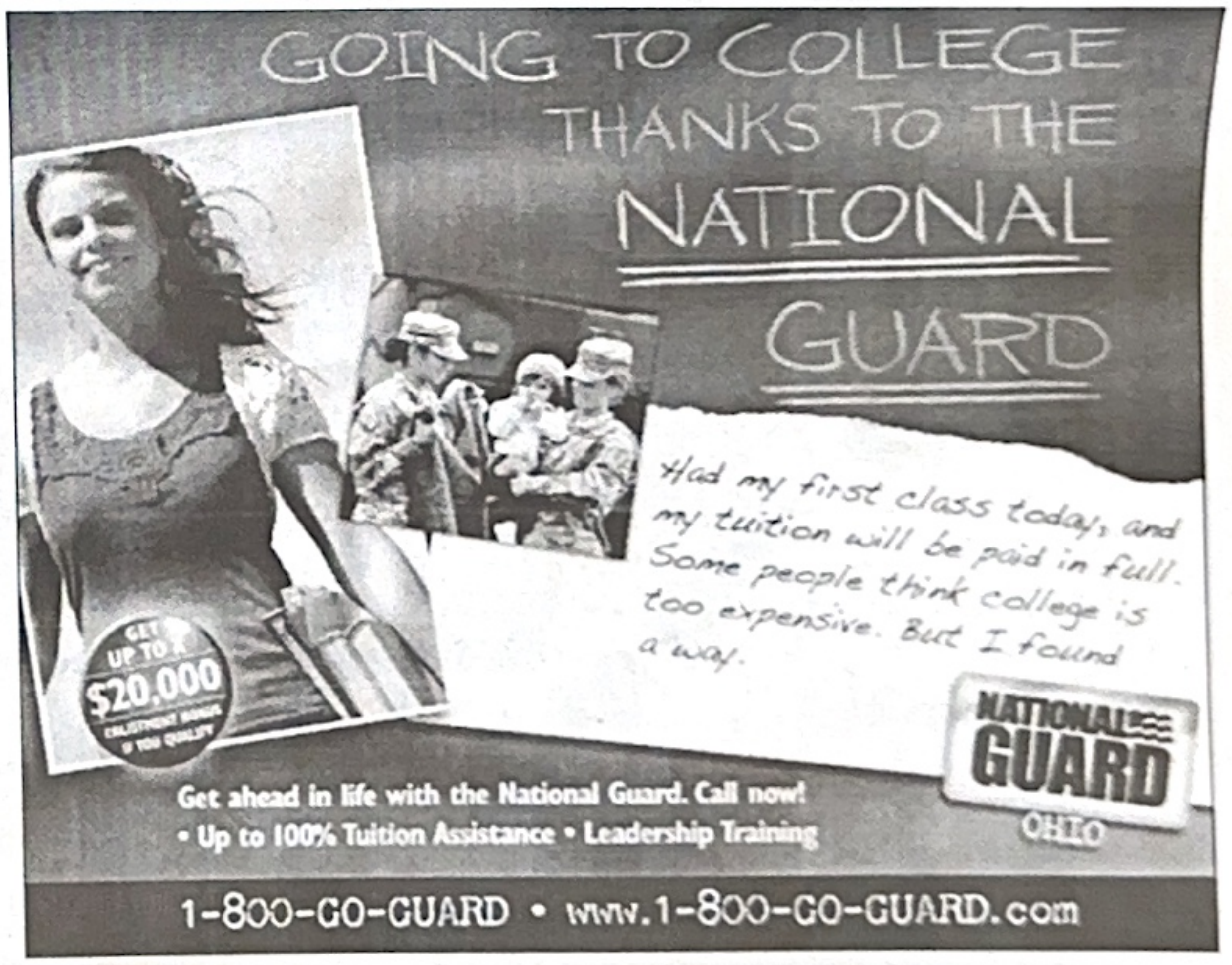
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HORSESHOE LAKE AIMS TO ATTRACT

BY CAITLIN NIELSEN
NOTEWORTHY EDITOR

Horseshoe Lake Park, the 60-acre public park in Shaker, will be revitalized with a $4.2 million budget, according to the Master Plan for Horseshoe Lake Park.

Since the park's development in the 1930s and 1940s, its facilities for strolling, swimming, boating and picnicking have attracted many visitors. The park is mainly used for family and community activities, as well as for the enjoyment of nature.

Recently, use of the park has decreased due to the aging of the facilities, provoking the creation of a Master Plan for Horseshoe Lake Park. James Emery, Beaumont's cross-country coach, holds team practice once a week in the park. Though he enjoys the scenery, he feels there is room for improvement. "I think it's nice the way it is, but the picnic area does need to be fixed," he said. "Some of the trails could also use some work."

The master plan was created from the input of local citizens over the course of two public meetings conducted by the City of Shaker Heights. Objectives for development of recreation facilities have been outlined in a Recreation and Leisure Assessment.

These discussions produced a variety of ideas for Horseshoe Lake Park improvement. The city hopes that the park will remain a place for passive recreational activities, such as walking and hiking.

To attract more visito rs, stages for community events and outdoor performances will be added. Improvement of trails will allow for connections between Horseshoe Lake Park and other Shaker Lakes Parks. In addition, the lake will be prepped for boating access.

Hathaway Brown student Abigail Taft uses the park for running. "The picnic area definitely needs help, it's kind of sucky over there," she said.

Construction will take place in phases, beginning with small changes, such as painting restrooms and removing old playground equipment. Next, more costly items will be addressed. Construction of trail connections and a new natural play area will complete the middle stage of the project.

Lastly, long-term projects will be completed, such as the reconstruction of the entrance drive and parking lot. The city is also discussing the possibility of building an ice rink. "That would be sweet if there was an ice-rink on the lake," Taft said.

Trail reconstruction is estimated to cost $530,000, while the price of the picnic and natural play areas is $1,550,000. Entrance and parking renovations are expected to cost $460,000 and the historic area another $1,740,000.

Several aspects of the project are not included in the budget, including clearing trees, removing invasive greenery, dredging the lake, treating the water and painting the restrooms.

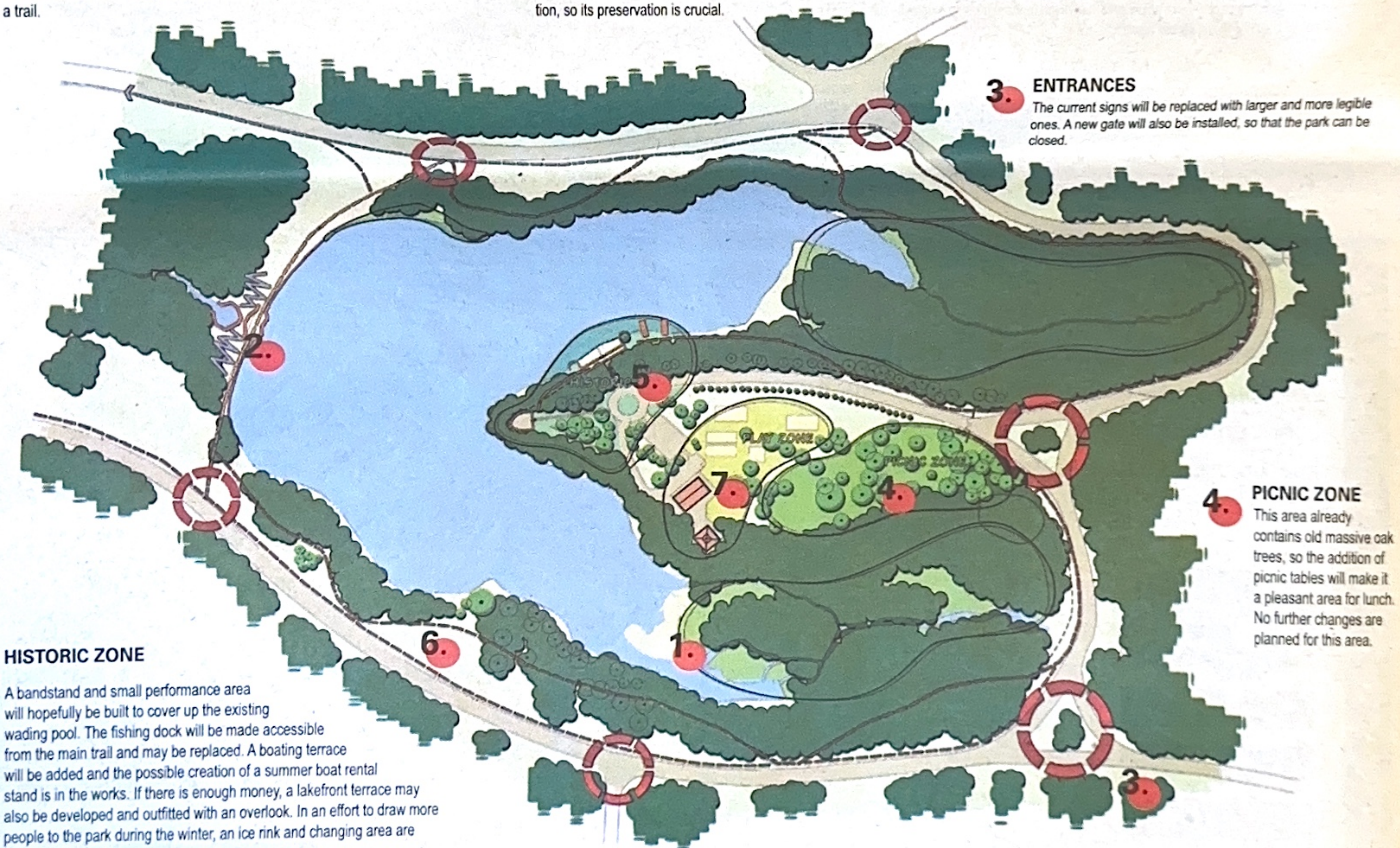
RENOVATIONS TO EFFECT ALL AREAS OF THE PARK

1. WETLANDS

Steep slopes make access to the wetlands difficult and treacherous. The area is overgrown with invasive plants. After selected areas have been cleared, the wetlands are a potential location for a trail.

2. LAKE AND DAM

To improve the water quality of the lake, shoreline vegetation will be restored with native wetland plants. Geese will be controlled by creating natural barriers around the lake. Repairs will be made to the dam and the current erosion control stones will be replaced. The dam is a prime viewing location, so its preservation is crucial.



3. ENTRANCES

The current signs will be replaced with larger and more legible ones. A new gate will also be installed, so that the park can be closed.

4. PICNIC ZONE

This area already contains old massive oak trees, so the addition of picnic tables will make it a pleasant area for lunch. No further changes are planned for this area.

5. HISTORIC ZONE

A bandstand and small performance area will hopefully be built to cover up the existing wading pool. The fishing dock will be made accessible from the main trail and may be replaced. A boating terrace will be added and the possible creation of a summer boat rental stand is in the works. If there is enough money, a lakefront terrace may also be developed and outfitted with an overlook. In an effort to draw more people to the park during the winter, an ice rink and changing area are being considered.

6. TRAILS

There are plans to replace the commonly used dirt paths with paved paths or cover them with woodchips. If possible, a wetland boardwalk may be installed. Eroded trials will be covered up and redirected.

7. PLAY ZONE

Replacements for the current run-down playground structures will include only natural equipment, such as woven tunnels and a secret treetop overlook. The dumpsters will be hidden and the current picnic pavilion will be replaced with multiple pavilions of varying sizes. Renovations to the restrooms will include a better drainage system.

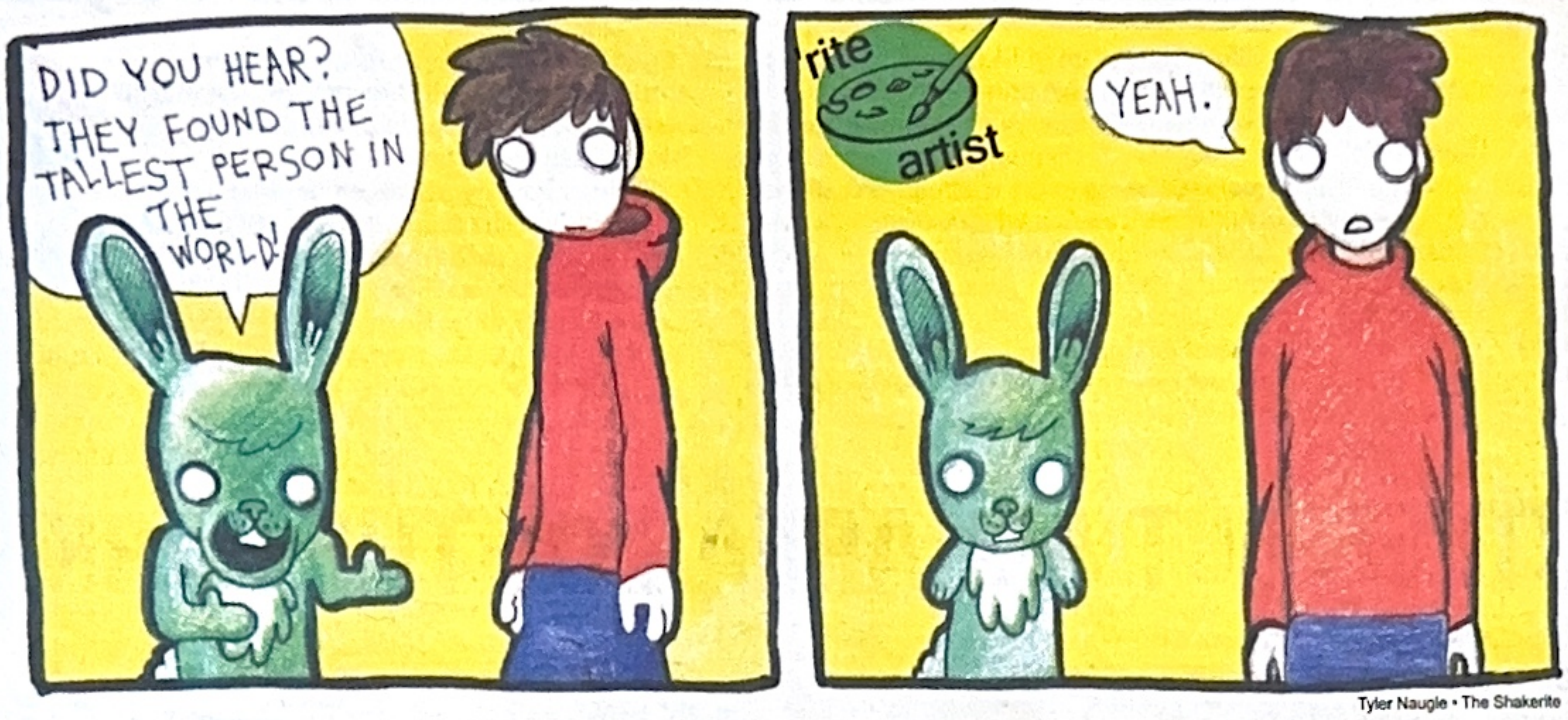
Compiled from shakeronline.com
Compiled by Bobby O'Connor
Infographic by Bobby O'Connor • The Shakerite

Shaker Speaks

11.29.06

TAKE-OUT LUNCHES TAKEN AWAY

No more food will be delivered to 15911 Aldersyde during school lunch periods. With this new addition to SHHS rules local eateries may suffer. All of the surrounding business that have become pillars the of Shaker student diet will now be put on hold until 3 p.m. The small businesses that surround SHHS thrive on the steady stream of customers that student body provides. By stopping lunchtime deliveries, the administration is removing a large portion of their consumers.


DID YOU HEAR? THEY FOUND THE TALLEST PERSON IN THE WORLD!
'rite artist
YEAH.

Tyler Naugle • The Shakerite

SHAKER'S REDEVELOPMENT

• Bringing business to Shaker is a crucial measure for tax payers

As shopping centers spring up in the suburbs, Shaker stays residential. But as property taxes continue to climb, there's a need to relieve the tax base. Sharing the burden with business would relieve homeowners and attract potential residents previously deterred by ridiculously high property taxes.

Beachwood School system spends $23,056 for each student every year (compared to $14,025 at Shaker). They do this with little pressure on home owning families with taxes that are effectively half that of Shaker's.

Beachwood is able to splurge on their students because of an extremely strong business presence. Beachwood Place, La Place, Pavilion Shopping Center, among others provide ample cash flow that generates renovations, free laptops for every high school student and an extensive high school cafeteria that serves gourmet health food. While we're not advocating an organic cafeteria or laptops for all, Shaker can learn a lot from our neighbor to the east.

Until recently, Shaker's biggest tax paying business was the national headquarters of Office Max. The international headquarters were located in Shaker until they relocated to Beachwood. University Hospital administrative staff replaced Office Max, however, Shaker still needs more revenue.

The plan to develop the Warrensville-Van Aken intersection is a significant step in the right direction. The city plans, posted on the Shaker website, redevelop this commercial district to create a "vibrant mixed-use town center" in the 60-acre area. The intersection is centered on the rapid stop at the end of the blue line. Since the spot is one of the five busiest crossroads in Cleveland, Shaker has reason to believe that the development of this locale will be a well-visited and profitable asset to the community.

We commend the city's acknowledgment and willingness to bring more commerce into Shaker. The money from these businesses will bring much needed revenue into the city. In addition to lowering taxes from homeowners, this additional revenue will profit our school system. Shaker's schools are already some of the best in the nation and equipped with more money, the school district would be able to finance further improvements and programs.

The placement of the commercial district around a RTA stop will have positive implications as well. By making the district accessible to car-less Clevelanders, Shaker opens its doors to a wide variety of consumers. It will also lead to increased RTA use and less dependence on gas guzzling cars. It also presents an opportunity to infuse Shaker with a distinct culture.

As an extra bonus, avid Shaker shoppers will be forevermore spared the hike to Beachwood.

• Shaker needs to see the current reality, not to look too far into the future

BY WESLEY LOWERY
EDITOR IN CHIEF

Any Shaker resident will tell you that the community needs to attract businesses to relieve the tax base. However, the most important aspect in the process of super-sizing Shaker's economy is pleasing the people who matter the most: the taxpayers. Shaker residents pay more in property taxes than anyone else in the state by choice. If you live in Shaker, you have decided that quality education is more important than a booming economy.

Our district motto hits the head of the issue: a community is known by the schools it keeps. Prospective residents choose Shaker for one reason: our schools. And while a soaring economy looks great on paper, a closer look at the current development plans shows that none of the major proposed renovations will be completed anytime soon. Long-term improvements are nice, but in reality the bulk of Shaker residents want short-term improvements. Sacrificing immediate improvements on the altar of lengthy projects will only estrange the typical Shaker family.

By living in Shaker residents have accepted that they will be dishing out greater amounts in property taxes in exchange for one of the premier school systems in the state.

Shaker is a residential city, built on its education, not its business revenue. While bustling storefronts along Shaker's major roadways sounds great, do we really want to be living with a shopping center on each corner? Even with it's increased economic base, the education offered at Beachwood public schools still lags behind Shaker's. Despite providing personalized laptops to all high school students, this year Beachwood High School had merely two National Merit Semifinalists compared to Shaker's 14. If Beachwood comparisons are supposed to be assurance to the education improvements promised to Shaker residents, they are doing little but discourage support of the current redevelopment plans.

Community leaders need to concentrate on making improvements that the current Shaker residents will be around to enjoy. While the effort is commendable, putting a new Crocker Park at the corner of Van Aken and Warrensville Center will never be the solution to Shaker's economic woes.

DRIVING HER UP THE WALL

LENA NEWMAN

There are only so many times you can bum rides from your friends, and I hit capacity a few months ago.

With my junior year of high school underway, I decided to get my license. After renewing my temporary permit and starting driving classes, the only thing standing in my way were in-cars.

Even though my friends had thoroughly briefed me on what exactly an in-car entails, I was terrified in anticipation of my first lesson.

Standing on the triangle outside of school where the daily parade of student driver vehicles assembles, I spotted my instructor.

His name was Al, and he was nicer than I expected. Things went well, and by my second in-car we had developed a nice rapport. Unfortunately, my third in-car didn't go so well.

Unlike Al, my new instructor was more of the 'driving is the scariest thing ever' type.

For the entire two hours, he lectured on the dangers of driving. The irony in this was that he gave the worst driving instructions.

When we went on the highway, he had me come to a complete stop on the entrance ramp. Since I wanted to live to get my license, I merged without stopping. "You know, Lena, it wouldn't kill you to listen to me," he scolded.

Actually, with everyone else behind me accelerating, it might have.

I was mortified the entire time. I could just sense all of the other cars keeping an unnaturally large distance away from me. I wanted to scream out the window that I was an excellent driver; it was the guy with the license who was making me drive like an idiot.

Things only got worse when we practiced maneuverability. Al had taught me an easy method, but my new instructor had different ideas about how I should maneuver.

From outside of the car, he barked directions, but it was useless. I hit a cone every single time. By the end of our session, I was fighting back tears.

It seems stupid to be so sensitive about an in-car, but I felt so offended.

Driving is intensely personal. Are you a signaler? Do you hold the steering wheel at 10 and two? Everyone has her own specific way of driving, and when this guy critiqued my driving, I felt like he was criticizing me.

He was getting the wrong impression of me. I wasn't some contrary teenager who didn't listen and refused to do what people told me to.

I suppressed the urge to scream that I call my grandparents, clean my room and get straight A's. Luckily, our two hours ended before I completely melted down.

I still have one more in-car until I can get my license, and this one isn't with Al either. Apparently he doesn't usually work with kids in Shaker. Our relationship was merely the product of a scheduling fluke.

I'm trying to keep my expectations low, but I hope things don't go the way of in-car number three. Who knows, I might just end up with another Al.

GQ ARTICLE SHAKES UP SHAKER

• Friedman's narrow view of high school overemphasizes negatives

CHRIS COTTON

"The Unbearable Awkwardness of Being," by Devin Friedman—or, as it might more accurately be titled, "The Unbearable Awkwardness of Being Devin Friedman"—has turned all us Shaker folk into readers of Gentlemen's Quarterly. And many of us have been troubled by our foray into the glossy world of men's high fashion.

After gaining the confidence of fourteen- to eighteen-year-olds, Friedman served up the most private details of their lives in 850,000 full-color copies. No private citizen—especially a minor—deserves to be exposed nationally in such a manner.

In The Plain Dealer article that appeared in response to the controversy, Friedman expressed surprise that people were deeply offended by his story. But the fact is, he used his position as senior writer at GQ as callously as the bully he so painfully remembers asking him: "What are you doing here?"

Part of the offense lies in Friedmans focus on a small segment of students who invited him to their parties. But the insult cuts deeper.

My 12th grade students resented Friedman's glib dismissal of their experience and emotions. Friedman scoffs at the '06 seniors for thinking that they will remain close to their friends, that their rituals matter, that they will ever be as important as they are now.

He gets a thrill out of talking dirty, with the gusto of a middle school student on recess. There's a lot of blather about cheap sex, but no inkling of any genuine intimacy in high school relationships. He doesn't even take a close look at any friendships.

My senior students had one question that we all agreed *could not be answered in the article itself. Why did Devin Friedman come back to Shaker?*

Friedman admits the essential creepiness of his project in his first paragraph, saying that it is "humiliating" that he "kind of always wanted to go back to high school."

> "There's a lot of blather about cheap sex, but no inkling of any genuine intimacy in high school relationships."

According to The Plain Dealer, Friedman's visit was prompted by a "desire to see what high school was like 16 years after he graduated."

Yet this purpose, as related in the article itself, is somewhat fuzzier. "There were moments I felt like I was stumbling on the thing I was looking for, the reason I was here." In other words, he came to find out why he came.

He couldn't have visited out of some sort of muckraking impulse; there are too many inaccuracies. From little slips like describing Coach Q's shorts (which he hasn't worn since his mom last forced him into a pair back in 1959), to somewhat larger errors, such as saying that Shaker didn't have security guards in the building in 1990 (which it did, along with armed cops), we can see that this is not a piece of investigative journalism.

A slightly more plausible answer is the explanation he gave many students at the time: to study racial dynamics. The lead photo suggests such a theme; the picture itself tells a different story. As in the rest of the article, the white kids are front-and-center, the African-Americans at the margin.

If Friedman really intended an objective study of race at Shaker, he bungled the job. Such a project might have begun with the Student Group on Race Relations—a group he apparently never discovered. Maybe their parties weren't salacious enough. The school (according to the lead photo's caption) is 54 percent African-American; but with the exception of Miguel Brown, the students he follows around are all in the 39 percent white minority.

Friedman apparently does try to get to know some of the members of our largest demographic group. He devotes one sentence to an "all-black party at a motel where no one drank and everyone danced." However, two Caucasian booze-ups get multiple paragraphs of lurid description.

He attempts to establish some street cred by claiming he goes to the tables in the black section of the cafeteria. Yet, if that's where he sits, why doesn't he talk to anyone? Aside from a brief rap battle that is dismissed as "amateur," he doesn't find anything worth mentioning in this neighborhood. Finally, the only photograph in the article that showcases black students inexplicably lacks a caption with names.

> "... the only photograph in the article that showcases black students inexplicably lacks a caption with names."

In Friedman's view, women are even further removed from the center than African-Americans. Of six students profiled in-depth, none are girls.

But female bodies are sprinkled throughout with the excess of a music video. Friedman lingers on low necklines, high hemlines, exposed panties, the "onslaught of flesh," and obscene rap lyrics. He speculates about breast augmentation, "touching boob," "getting laid," and girls who like the word "slut".

One of the few highlights of the article is the profile of Ben Karlin, the openly gay student whose dignity and courage are beautifully captured, but female homosexuals are reduced to two cookie-cutter types: "The white lesbians with their studded belts and shaved heads; and the black lesbians who dress like (male) thug-lites."

Coining zingy labels seems to be Friedman's favorite use of his considerable flair. He doesn't have much zest for what old-fogie writing teachers might call reporting.

He pays lip service to "dozens of kids shipped off to Ivies every year, and perennial bumper crops of National Merit semifinalists." Yet he never witnesses any of these high-achievers actually working. No student in the article raises her hand with an intelligent question. No student is seen scrutinizing a rough draft with his English teacher at 3:45, or heating magnesium in a crucible over a Bunsen burner. No one is sipping coffee and typing German umlauts at their home computer at 2 a.m. During Friedman's visit, all of my freshman students, in their physical science classes, built mousetrap-powered cars and raced them in the hallway. That same week, physics students sent homemade rockets into the clouds. Sounds like good copy to me.

A couple sports vignettes are offered, but only for dramatic effect; we don't see the quality or dedication of our athletes. Friedman visited in the middle of senior project season—and somehow missed Martin Luther King's gradual multicolored emergence on the wall by the English office.

Shaker has a national reputation for the arts, yet the news hasn't gotten to GQ. Friedman didn't go to the Asian-themed art fair. He didn't see how the MAC Sisters and Scholars lead meetings of a hundred 14- to 15-year-olds. He didn't notice the Environmental Club picking up paper for recycling, or Youth Ending Hunger cooking spaghetti for 70 people. He didn't notice if any student had a job or a commitment outside of school. He did have a nose finely attuned to the scent of alcohol.

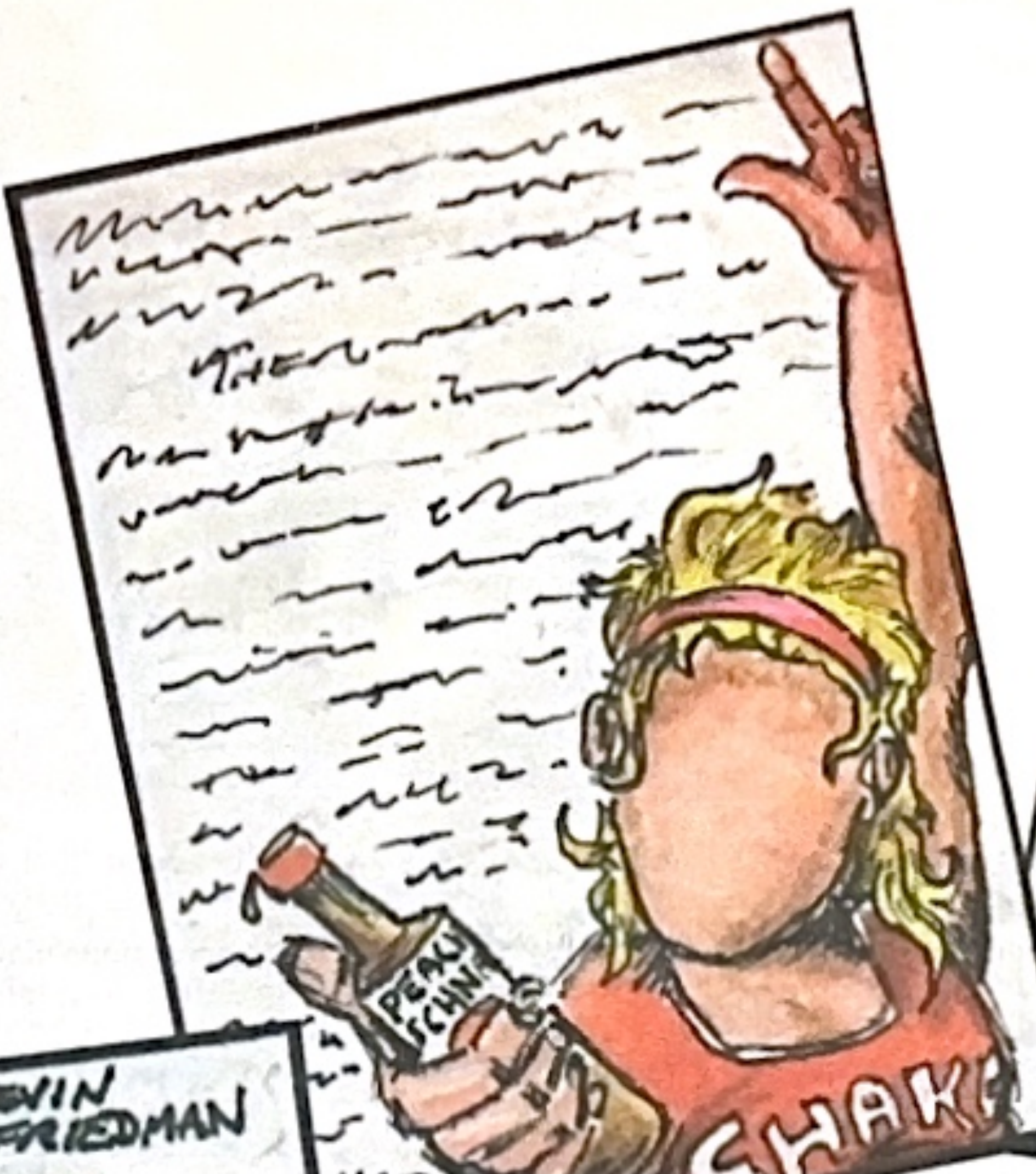
He flippantly refers to "hyperinvolved instrument-playing union-organizing antitobacco-lobbying Darfur-protesting kids who already have their applications in to Wesleyan." Having belittled activism and cast idealists and hard workers in a phony glow, he thus excuses himself from any such worthwhile endeavor.

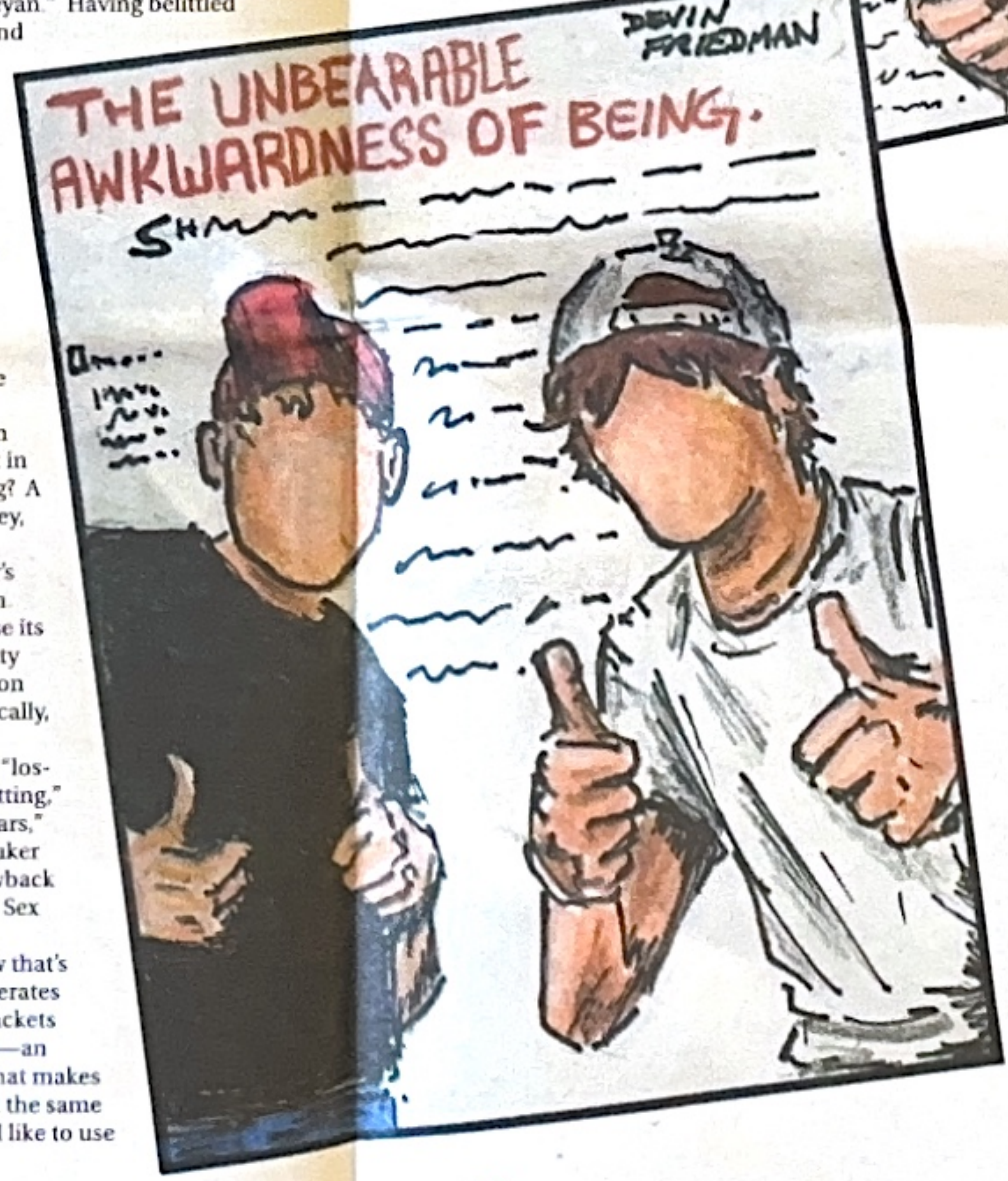
The theme of searching for identity runs through the entire article. But the minute you pin someone down into one of Friedman's categories, it's like impaling a butterfly specimen in a display case. The label is definitive. But the creature is dead.

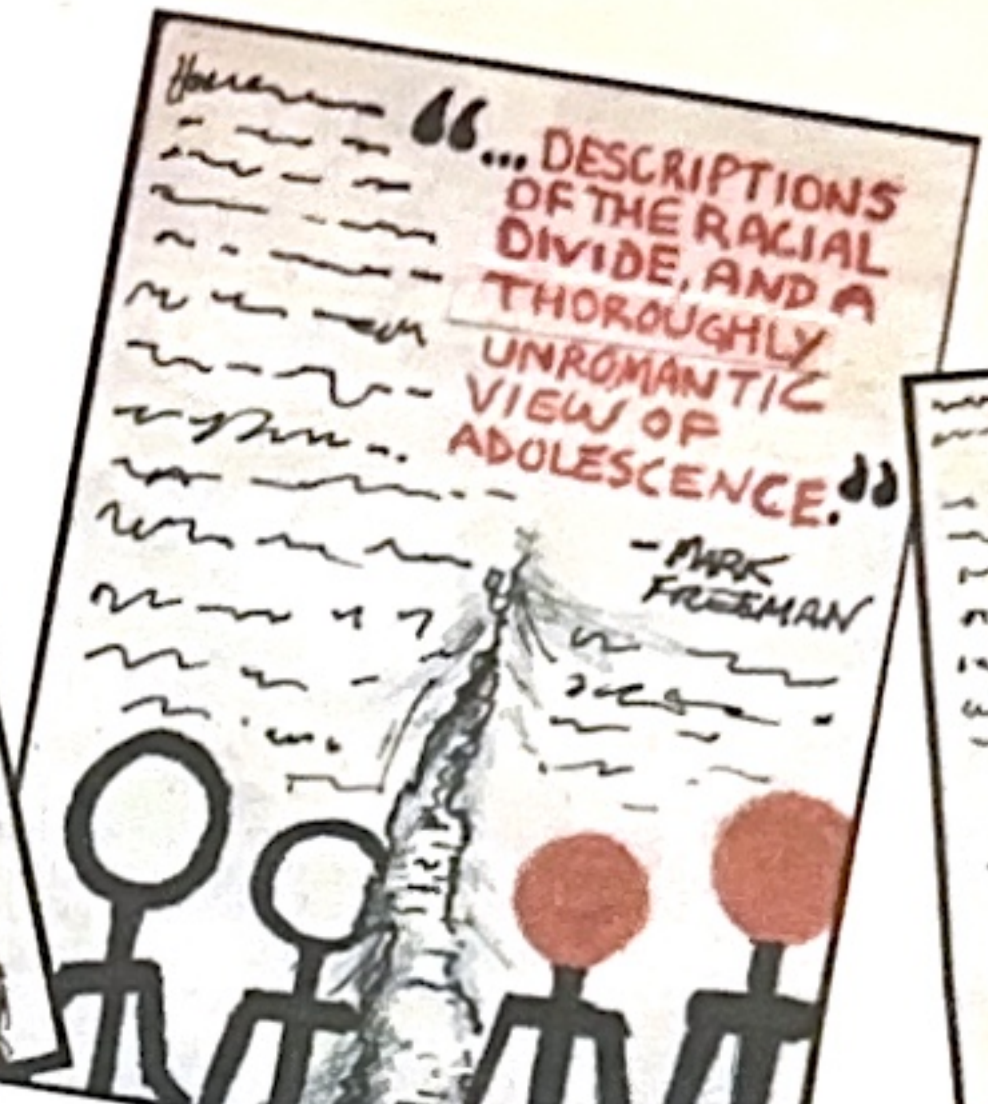
Are the biggest problems in adolescents' lives figuring out in which pigeonhole they belong? A senior in my class, Eileen Lalley, wrote an essay about her experience in Ensemble, Shaker's theater of movement program. She loves the program because its focus "is on the basic humanity of its performers . . . It insists on treating its performers holistically, as entire human beings."

Entire human beings. Not "losers light-years from heavy-petting," "preps with their popped collars," "big black dudes," "classic Shaker stock," "Hacky Sack-ing throwback hippies," or "punks with their Sex Pistols T-shirts and bad skin".

Entire human beings. Now that's a sense of who we are that liberates us from the identity straightjackets imagined by Devin Friedman—an enlarging and unifying idea that makes us individual and universal at the same time. That's a concept that I'd like to use




THE UNBEARABLE AWKWARDNESS OF BEING.
DEVIN FRIEDMAN
SHM


"... DESCRIPTIONS OF THE RACIAL DIVIDE, AND A THOROUGHLY UNROMANTIC VIEW OF ADOLESCENCE."
-MARK FREEMAN

Joe Schorgl • The Shakerite

Article exposes embarrassing truth

The September issue of Gentlemen's Quarterly ignited tempers when Shaker alumnus Devin Friedman published an *article based on his experience returning to Shaker Heights* High School, during which he sat through classes, attended parties and made an appearance at prom.

The most controversial aspect of the article was Friedman's description of a party he attended after prom. The accompanying pictures of the party featured teen drinking and wanton behavior.

While Friedman used pseudonyms for those under 18, it was not difficult for Shaker students to discern who was who.

Despite the ability of Shaker students to recognize the characters in the article, the general audience for GQ has no idea who these students are and using a pseudonym is a valid way to protect their identity.

The students described in the article were seemingly shocked that Friedman actually wrote about what he observed. Apparently these students thought that their post-prom behavior would never be brought to light, despite the fact that they invited a reporter and photographer from a national magazine to their late-night bash. By signing consent forms, students who were interviewed knowingly allowed the author to publish his findings.

Students featured in the article were not aware that Friedman would be covering this aspect of their lives and were upset that Friedman wrote about their reckless behavior. Exposing the truth is the job of a journalist. Despite his satirical writing style, Friedman simply fulfilled his journalistic duty by writing exactly *what he observed.*

Instead of being outraged over a couple of limes for Coronas, people should be upset about the actual issue (not the fact that it was exposed). Underage drinking, especially facilitated by parents, is an issue that needs to be addressed. Friedman merely illuminated issues that the community has avoided handling.

> "Promiscuous parties aren't as attractive as the Minority Achievement Scholars, but that doesn't mean that they don't deserve media coverage."

Promiscuous parties aren't as attractive as the Minority Achievement Committee scholars, but that doesn't mean that they don't deserve media coverage.

Many are quick to point out that Friedman only focused on the negative aspects of Shaker. If he had written an article about the National Merit Scholars, the theater department or the Student Group on Race Relations, it would have very little appeal to people living outside of Shaker. Though in passing, Friedman did make an effort to acknowledge some of Shaker's outstanding achievements, however that wasn't what the article was supposed to be about.

For a community that "is known by the schools it keeps," an article exposing us as anything less than exceptional seems scandalous. But Friedman did this community a service by putting us under a microscope. Instead of rehashing Shaker's merits, he looked at the side of our school that is admittedly less impressive, but not less significant.

> "I think that there were many good and bad things about [the article]. I don't think that it misrepresented Shaker, but I do think that it represented a different aspect than people would have liked."

Libby Kannard • senior

> "Anyone that read [the article] and thought it represented all the high school is living in the wrong decade. No one thing represents the whole, that's stereotyping."

Myton Nelson • senior

> "I thought the article didn't stick to one subject. It was kind of harsh but it's not like other high schools aren't like ours."

Amy Nezamzadeh • sophomore

> "I think that [the article] was true but it could have been stated more tastefully."

John Gruber • junior

> "It's honest. There's nothing played up about it . . . I think people are angry because it's truthful. People saw Shaker through a reality."

Ben Heide • junior

> "I felt that the article was correct in what it said. Devin's observations were correct. Maybe he said some-things that were legit, others were him overexaggerating."

David Mays • senior

STARBUCKS PROMOTES ART THROUGH CLEVELAND ART MUSEUM

The Cleveland Museum of Art is teaming up with local Starbucks shops to feature selected artists and artifacts of the museum. George Bellows, Claude Monet, Pierre August Renoir, Peter Paul Rubens and Augusta Savage are among the included artists. Starbucks will also offer "Art-to-go," an art program for families, and "Coffee Talks," which will host curators and local artists in discussions on perspectives of art and the museum. The Starbucks at Cedar and Fairmount and the one at Warrensville Center are among the ten participating stores in northeast Ohio.

Adam Maraschky • The Shakerite

SENIOR ANNA RONIS sketches her double self portrait. She works from life and uses a picture of herself for reference.

A PEEK AT AP PORTFOLIO

BY CARRIE REESE
LIMELIGHT EDITOR

A stranger to portfolio class would be suprised to see students so relaxed, standing behind paint-splattered canvases, listening to music and collaborating on color schemes.

Believe it or not, these students are hard at work in earning Advanced Placement credit.

The art room's tranquil atmosphere is deceptive as AP Portfolio is a demanding class that requires hard work as well as talent. "There is so much hands-on work . . . We're usually working two to three pieces per week . . . my work always has to be my best because of the high expectations," senior Meghana Karnik said.

The class challenges students to balance many projects. "Right now, we have about ten different projects going on at once. In class we are working on 'juxtaposition' pieces, where we have to compose objects that are aesthetically similar but functionally different, like a donut and a wheel or a stop sign and a lollipop," senior Jenny Kutik said. Kutik also mentioned that the students have even more work to do at home.

Over the summer, each student in the class had to complete a four-piece series using their choice of media. This hefty assignment was just a precursor to the class.

"At home, some of us are still improving on projects from the beginning of the year, while we are all supposed to be working on an autobiographical still-life, two industrial landscapes, a fall landscape [in addition to] looking ahead to design concepts for our double self-portrait, a found object sculpture and other pieces to be done in 'our spare time,'" Kutik said.

Kutik's favorite medium is oil paint; however, she said that she likes working with other media as well. Karnik also likes to work with oil paint. "[It's] really messy, but it's my favorite medium," Karnik said.

Right now, the AP Portfolio students are preparing for the Scholastic Art Show in mid-December. In this show, students are required to enter either a single piece or a portfolio. Shaker students in the class will each enter a portfolio of eight pieces that they have compiled during the year. "Scholastic is a competition [in which] artists and writers send their work in to be judged individually. You can win awards for the work you send in, and your work is hung in a gallery in Ohio. This year seniors have to send in a portfolio to be judged," said Karnik.

In addition to entering the national Scholastic Art Show, the students have to "design a body of work between 16 and 20 pieces for college admission and the visual arts," art teacher Dan Whitely said . Even students who apply for early admission continue to work on their art because it can be entered into contests to earn money or scholarships. "There are national portfolio days across the country and they can show their work there," said Whitely. To organize their art, students make a final CD-ROM that consists of pictures of all their work.

"The merit scholarships for the colleges are between February and March," said Whitely. He explained that by the first week of March, students have their portfolios completed and they begin to work on the Art Fair, which displays their art for the community.

AP Portfolio students share a love for art, but they also have the hefty workload in common. "AP Portfolio is definitely my most demanding class," Karnik said.

Adam Maraschky • The Shakerite

SENIOR MOLLY FISHER works on her juxtaposition piece while Meghana Karnik prepares her canvas.

Dan Snider • The Shakerite

ART TEACHER DAN Whitely critiques one of senior AP Portfolio student Kelsey Hopkins' industrial landscape pieces, which lies to the far left.

SHAKER STUDENTS VENTURE INTO CINEMATIC FRONTIER

BY ADRIA KINNEY
STAFF REPORTER

Adam Maraschky - The Shakerite

SENIOR DAVID COSCARELLI films fellow classmate and animator Tyler Naugle. Coscarelli says that it can take a year and a half to make a complete film.

Hoping to avoid a desk job in the future, three Shaker students are pursuing moviemaking, a passion they hope will eventually develop into a career.

Tyler Naugle is one such student.

A fan of movies for as long as he can remember, Naugle started making clay animation films in seventh grade.

By winter of his sophomore year, Naugle began to experiment with flash films, his main focus now, which involves the creation of videos using the Macromedia Flash program and pictures of his own creation.

"Usually I try to tell a story through my films," Naugle said. "I use characters that I create, and give them a background . . . the films are about anything that runs through my mind at any point in time."

Naugle's has posted his flash animation videos online, both on his website and Newgrounds.com, a website that hosts videos from amateur filmmakers worldwide.

"It [Newgrounds] is a good place to showcase your work," said Naugle. "Lots of people get work from posting videos there."

Although he generally works alone, Naugle has collaborated with people from places as far away as Argentina on his videos. "I hope to continue animation into college as a career," Naugle said. "It's a good, interesting thing that separates me from other people," the senior said.

Senior David Coscarelli uses his filmmaking as a means of communication with others. Coscarelli makes both live action and stop motion films.

Live action films involve people, whereas objects are moved frame-by-frame to create stop motion animation films.

Coscarelli started seriously researching filmmaking around eighth grade. "I started making movies for school, and then for fun," Coscarelli said.

Although both Coscarelli and Naugle view moviemaking as a hobby, they take it seriously and devote hours of hard work to creating a film. "It takes about a year and a half for a forty-minute movie," said Coscarelli, who entered some of his films in the Future Filmmakers Festival of Chicago over the summer. "The movies I make now are more like practice," Coscarelli said. "I've been looking at film schools like New York University," to further study the field.

Junior Natalie Mercer, a newcomer to the filmmaking scene, stumbled upon filmmaking over the summer when she was bored.

"I've always made movies and stuff for school projects, but it's been pretty recent that I've started doing them on my own time," said Mercer. "I have a moviemaking program on the computer, so I took a lot of pictures to see if I could do anything with them."

Mercer makes short stop animation films that she puts to music, creating mini-music videos. "I've posted two of them on YouTube, because my friend told me to. I haven't looked recently, but all of the comments I got have been positive," said Mercer, who works on her films every weekend.

"It's all pretty time consuming, and it might take a while, and you might get really frustrated, but when it's finished it's the coolest thing ever to see what you've made out of a thousand tiny pictures," the junior said.

Although Mercer has only been making films for about five months, she is already convinced that it is something she wants to continue for the rest of her life.

"I want to pursue this as a career . . . can't think of anything else that I would put this much of my free time and effort into that's not for school," Mercer said.

Chili Peppers treat Cleveland on Halloween

BY JOSH DAVIDSON
LIMELIGHT EDITOR

After finagling my way past eight massive security guards I finally sit down in a seat that I definitely didn't pay for. The badge that I earned after spending two hours volunteering for The Peace Alliance tells the rent-a-cops to move me along. Considering that I am surrounded by 13,000 Red Hot Chili Peppers fans at the Quicken Loans Arena and sitting in a $70 seat that I got for free, I am shocked at how uncomfortable I feel.

I recognize what's making me feel awkward. The opening act, Mars Volta, isn't really playing music; the lead singer is wailing unintelligible words while band members play solos on their respective instruments. This wall of noise garners little support and the majority of the cheering comes when they exit the stage.

The crowd at The Q is a mix of super fans with their Tour '92 tee-shirts, teenagers nervously hoping their polo shirts won't get too messed and kids who are so excited it looks like their eyeballs are about to explode from their faces and into my lap.

And then it starts. Out of pitch black come wailing riffs from guitarist John Frusciante. The glow-in-the-dark drum set starts pounding away, lighting up with each smack of the skins. Then the kicker: Flea, the Chili Peppers' historic bass player (and peace activist who got me the free spot), comes flying from the ceiling, levitating above the audiences. Lead singer Anthony Kiedis comes to the stage wearing a Mexican wrestling mask and the band breaks into their hit "Can't Stop," off of their 2002 release "By the Way."

They continue to play other classics including "Scar Tissue," "Higher Ground," and "Californication." The solos are impressive but not over the top, the drums are exciting but not aggressive, and the vocals fit perfectly with the music. These impressive musical achievements show me why this band has made it to superstardom.

> "The whole stadium sways and sings to every song, pulls out a lighter for every ballad, and roars at every song's beginning and end."

Midway though the set, the real ticket holders of my spot come to claim their expensive seats, which the drunks and crazy people surrounding me have folded up to create more dancing space. I try once more to pull out my badge of awesomeness, but this time to no avail.

Yet, from the pits of despair often come moments of true beauty. The only open seats are on the second level (quite a hike from the floor). Once in the upper deck I see and hear the incredible power this band holds over its fans. The whole stadium sways and sings to every song, pulls out a lighter for every ballad, and roars at every song's beginning and end.

The night ends with a performance of "Give it Away," Cleveland is wished a happy Halloween, and the crowd exits gleefully into the beginning of winter.

CHRISTIAN ROCK AT COFFEE SHOP

Adam Maraschky • The Shakerite

JUNIOR ROBERT SWEENEY performs at Dewey's Coffee Shop Nov. 9. His band, A Certain Sign, plays Christian rock music.

heard in the halls

Teacher: "He's the oldest living presdient. He's like 105"
Class: "Really?!"
Teacher: " Well, like 85"
11/15

"Man, my uterus is hurtin'!"
11/7

"I hate it when old people be in love"
11/6

Person 1: " Why are you being so antisocial!"
Group: "We're reading porn!"
11/14

Person 1: "You're a slut"
Person 2: "Your mom's a slut"
Person1: "My mom's not a slut,she made Thanksgiving dinner!"
11/3

Teacher: "I'm not drunk, I'm just doing a little dance"
11/16

"You're fat AND you got your belly button pierced!"
11/13

"Stop touching my sister dude! How many times do i have to tell you?!"
11/15

The Truth About 100 Calorie Packs

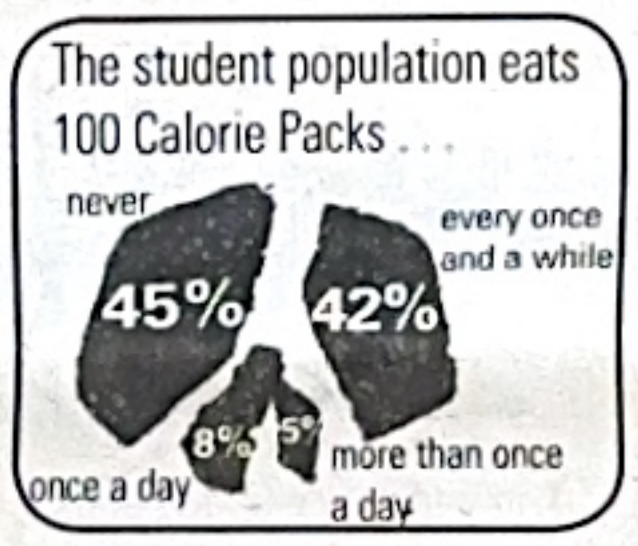
Amanda Orr • The Shakerite

BY KELLY EISELE
THE BEAT EDITOR

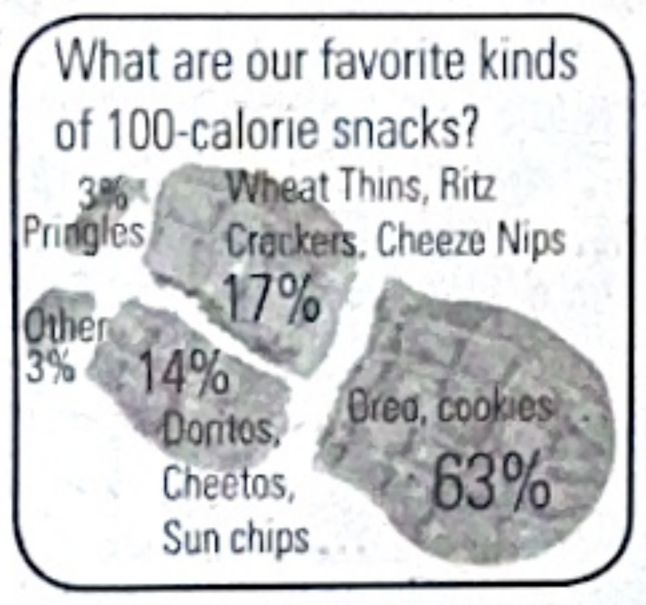
The term "snack" usually conjures images of chips, cookies, yogurt, fruit and cheese and crackers; however, a new snacking fad is rising in popularity in the form of 100-calorie snack packs.

According to a poll conducted by The Shakerite, 55 percent of students have tried these 100 Calorie Packs (telephone poll of 106 students, margin of error is +/- 9.7 percent).

"I think its a good substitute for snacking, and I don't think they are very healthy, but its better than eating a lot of junk food," senior Samhita Pennathur said.



The 100-calorie snacks are variations of popular treats including Oreos, Cheese Nips, Pringles, Doritos and popcorn. Along with being a conveniently packaged snack, these packs are guilt-free favorites due to their limited number of calories.

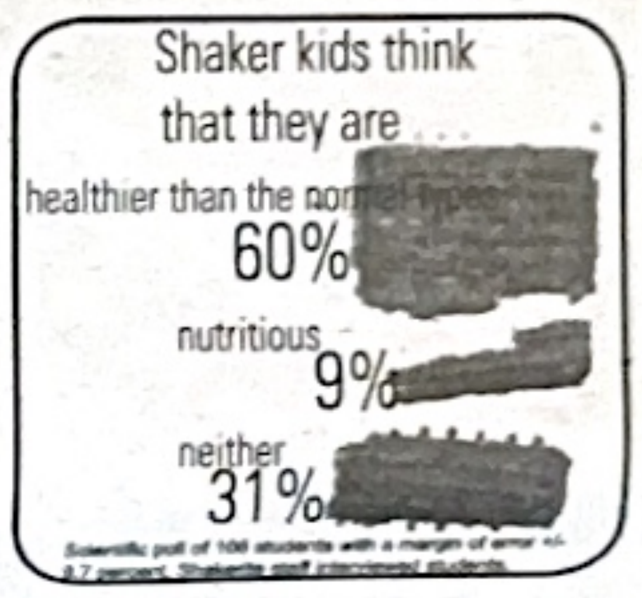


In his article in USA Today, Tom Vierhile mentioned that one of the most appealing aspects of the snacks is that they make you feel better about snacking.

"They definitely reduce the guilt of snacking," junior Emily Pek said.

The bold "100-calorie" note sprawled across the fronts of the packaging creates the illusion that these snacks are healthy because of the small calorie count, attracting a solid number of calorie-conscious consumers.

Sophomore Paige Dingess, a fan of the Nabisco 100 Calorie Pack Oreos, enjoys these snacks every couple of days.



"[Me] Being a person who counts calories, they aren't bad for you and they taste good," Dingess said.

Senior Melissa Nezamzadeh has a different reason for eating the 100 Calorie Packs.

"I don't eat them because they are 100-calories, I eat them because they are good," Nezamzadeh said. "The only really bad ones are the Cheese Nips."

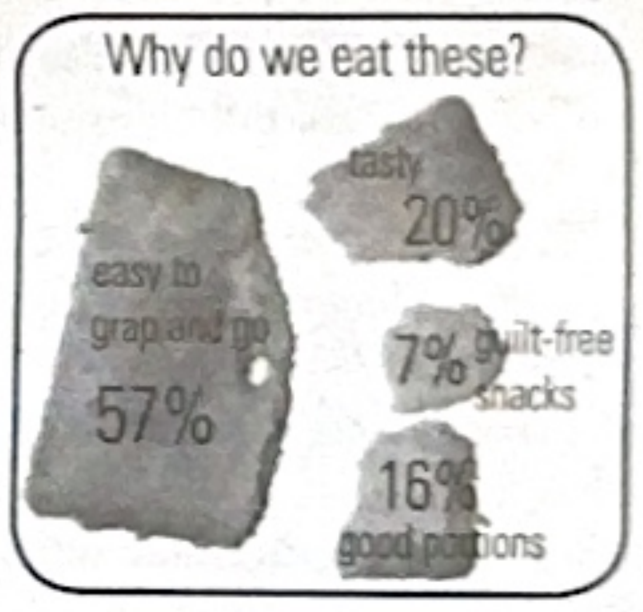
Nutritionist Vicki LaGanke says that a good snack really depends on an individual's health goals, but veggies, fruit and yogurt are great choices. According to LaGanke, a high school aged student could even get away with eating a sandwich for a snack because that is when person is most likely burning more calories than they ever will.

"They are OK I guess, but you expect it to be more than it actually is. It's a little bland tasting and a little underwhelming as a whole," said junior Aaron Perine.

Perine heard of these packs from the commercials and thought they looked good, but "It's was not what I expected and was kind of a downer."

One hundred-calorie packs are not a healthy snack choice because they don't provide much protein, vitamins, minerals or fiber. Because of this, LaGanke considers 100-calorie packs junk food. They aren't healthier than eating the actual foods according to LaGanke, "they just control portions and cut everything down," which is good for people with problems of controlling eating on their own.

"They are 100 calories that you don't need," LaGanke said. "They don't provide much [nutrition] beyond calories."



By only considering the flashy "100 Calories" scrawled across the wrapper, the rest of the nutrition facts are largely ignored by the consumer. Instead of depending on the 100-calorie promise, eating a filling and nutritional snack would be more beneficial.

Nutrition Facts

Serving Size	1 Package	3 Cookies	1 Package	11 Chips	1 Bag	1 Cup Popped
Amount Per Serving						
Calories	100	160	100	140	100	40
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	3%	11%	9%	12%	5%	4%
Saturated Fat	0%	10%	5%	8%	5%	3%
Cholesterol	0%	0%	0%	0%	0%	0%
Sodium	7%	8%	6%	8%	8%	3%
Potassium						
Total Carbohydrate	6%	8%	4%	6%	6%	1%
Dietary Fiber	2%	4%	2%	4%	12%	2%
Sugars						
Protein						
	Oreo 100 Calorie Pack	**Oreo Cookies**	**Dorito 100 Calorie Mini Bites**	**Doritos**	**100 Calorie Pop Secret Butter Popcorn**	**Pop Secret Butter Popcorn**
	When you open a 100 Calorie Pack of Oreos, one major thing is missing: the white cream. If you only eat Oreo cookies for their white cream filling, then you might want to reach for three of the original cookies other than the Nabisco 100 Calorie Pack. The cream has been replaced by powdered sugar.		The 100 Calorie Mini Bite Doritos are comparable to real Doritos in taste and are just as yummy. The bite-sized Doritos in the 100-calorie packages help prevent snacking binges. Eating a whole 12-ounce bag of Doritos would be an intake of 1680 calories. Reach for the 100 Calorie Mini Bites to restrain yourself if you have no willpower.		The 100 Calorie Pop Secret Butter Popcorn is a good choice if you aren't looking to eat the whole three servings in the original bags of Pop Secret Popcorn. The snack-sized packages prevent the waste that happens when you don't finish your microwaved goodies.	

*Percent Daily Values are based on a 2,000 calorie diet.

Sip 'n Study: Local coffee shops as homework headquarters

BY SARAH WEISS
THE BEAT EDITOR

High school students have hours of homework to complete each night, even after a full day of classes. Finding a good place to study is essential so that homework can be done in an atmosphere conducive to learning.

According to the Virginia Tech Study Environment Analysis, there are a few key guidelines for a good study spot. These include few distractions, a comfortable temperature, good lighting and an appropriate noise level.

If home does not fit these guidelines, here are some places that may better fit your study preferences.

Compare and contrast

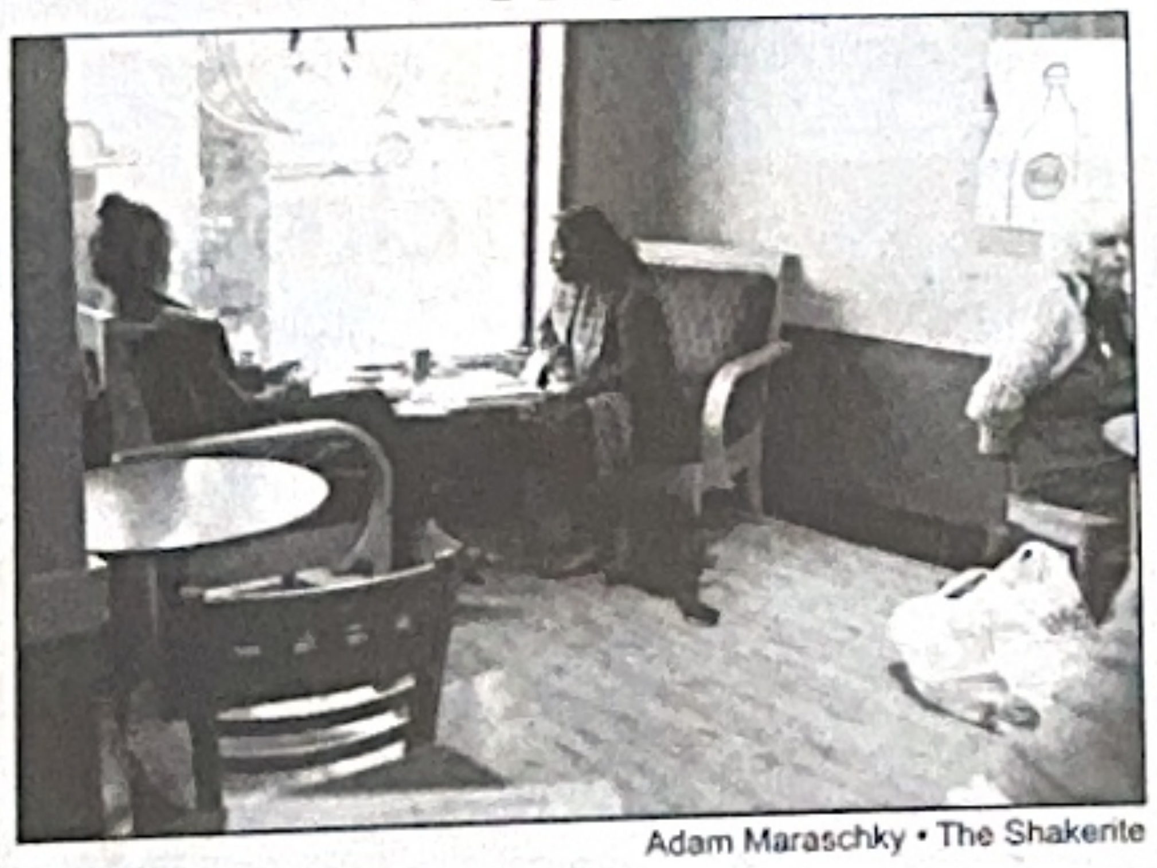
Cedar and Fairmount

Dan Snider • The Shakerite

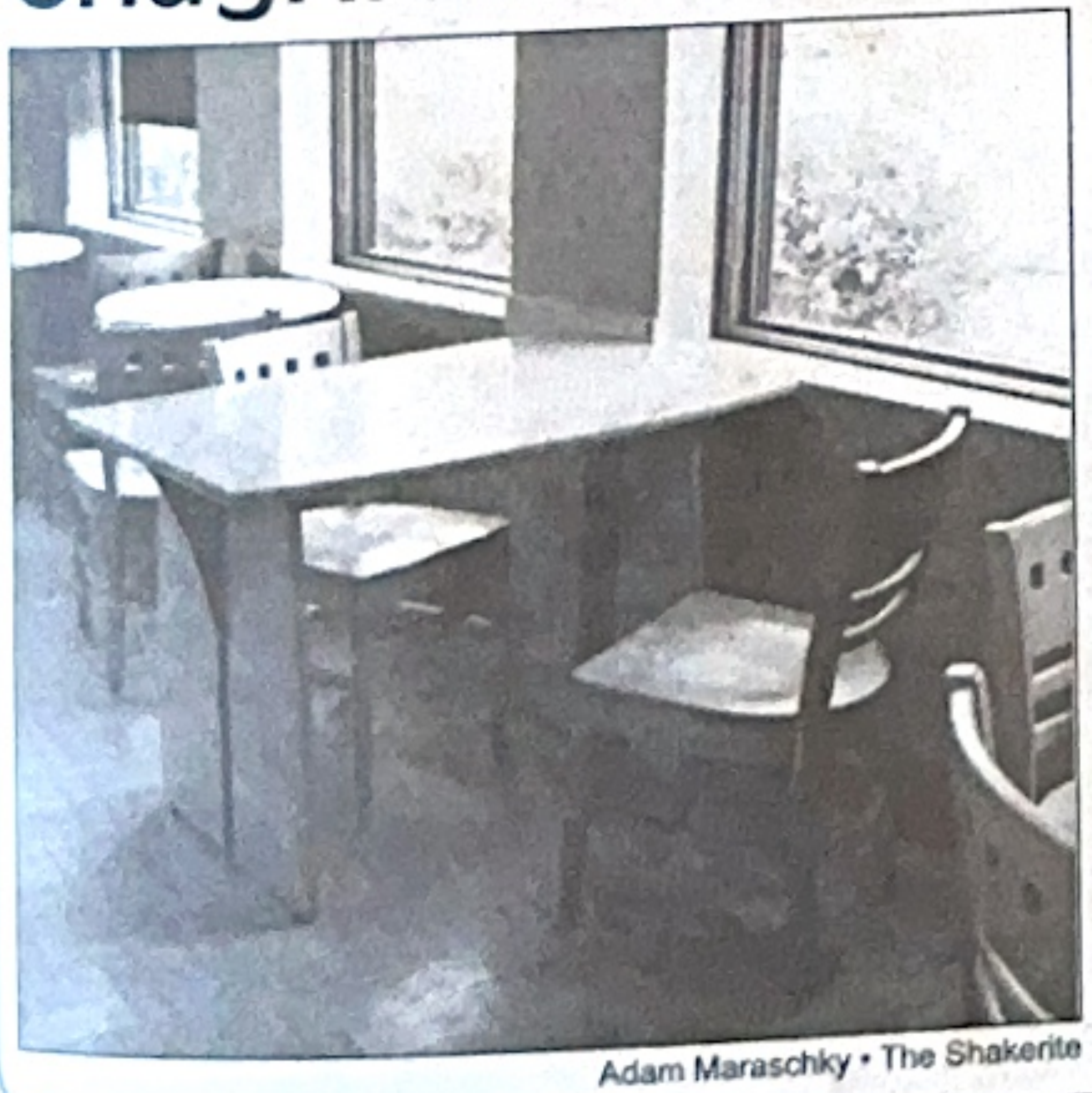
This is a big study spot for college students. Lighting is good, as well as the music level and the variety of seating options: small tables, larger tables, booth seating, armchairs, fireplace seating and a small section that is somewhat secluded. The big windows and high ceilings provide a nice atmosphere. Have a heavy load of homework tonight? This location stays open until 11 p.m.

Woodmere

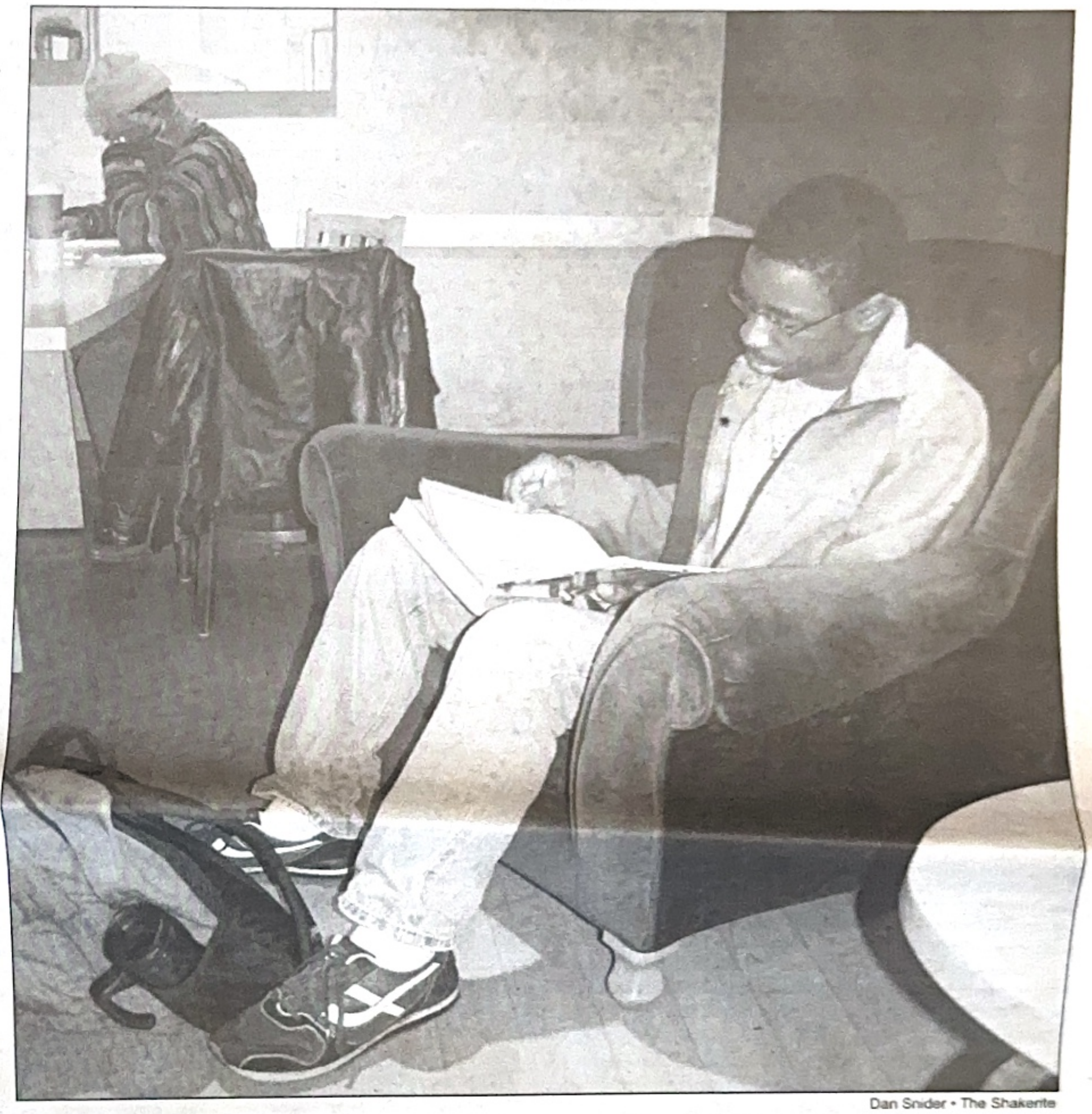
The interior of this store is cozy, although the large parking lot in front is an eyesore for the window seats. The setup is great for group work, featuring multiple chairs clustered around single tables. A drawback to this location is that it is very dark, with the exception being the seats near the windows. Stay at this Starbucks until 10 p.m.


Adam Maraschky • The Shakerite

Chagrin and Warrensville


Adam Maraschky • The Shakerite

This Starbucks has three separate sections that provide different seating options. The front area is good for group work, a second area is best for solitary work and the back room has a fireplace surrounded by armchairs. The adequately-sized table in the back room provides a good spot for group work in a quieter space. When the weather is better, extra seating is available outside. During the week, this Starbucks stays open until 9 p.m.


Dan Snider • The Shakerite

JUNIOR ALEX TUMA studies chemistry in the Starbucks at the intersection of Chagrin and Warrensville. He comes four or five times each week, mostly to study. Tuma does his homework here because it has a "calm environment."

Adam Maraschky • The Shakerite

Kokopelli's

Kokopelli's location on the corner of Van Aken and Lee is very convenient – it is near both the Main Library and the RTA. The parking lot is off of Van Aken, behind the store. This local café has lower drink prices than many other establishments, and also serves food, including soup and sandwiches. Because Kokopelli's is small, it can get loud. The bar seating facing the window provides a lot of light. During the week, this coffee and tea shop is only open until 8 p.m., so you might have to finish your homework at home.

Dan Snider • The Shakerite

Dewey's

Dewey's is a coffee shop located on the Northeastern quadrant of Shaker Square. Free WiFi is available here, so internet access on a laptop is possible. Any seating preference can be satisfied at this coffee shop. The front area has two-person tables, chairs near a fireplace and barstool seats. The back area has booth seating. Drink prices are comparable to Starbucks and soup, salads and sandwiches are also available. Dewey's is open daily until 10 p.m., so grab a drink and stay a while.

Parents spoil youth sports experience

Many of us participated in sports when we were younger. Whether it was peewee football, Little League baseball or youth soccer, competitiveness was never a big factor. It was all about having fun.

MIKE YOUNG

Has it changed? Recently, it seemed as though it has. Prior to the alleged occurrences of racism in a recent Shaker and Hudson pewee football game, no major incident had hit Shaker.

If the claims of black painted faces, Afro wigs and intermittent shouts of the "n-word" by Hudson fans are true, there is something morally wrong here. If the parents condone such a thing, it's certainly morally wrong on their parts, too.

But if it was just raucous support for the Hudson team, why are the Shaker coaches making it out to be racially motivated? It had to have been an extreme misinterpretation.

No matter what the case is, the Shaker-Hudson game is just a recent example of the ridiculous and perhaps unethical parent and coach behavior pertaining to youth sports in this country.

Three months ago, Sports Illustrated columnist Rick Reilly wrote an article about Romney Oaks, a nine-year-old cancer survivor and little league baseball participant. That young boy was brought to the plate with *two outs in the final inning* and a chance *to win the game.*

Oaks came up to bat after his opponents walked his team's supposed best player; the ploy was an attempt to bring Oaks to the plate. Oaks proceeded to strike out. What logical explanation is there to isolate the 9-year-old kid who survives on Human Growth Hormone? His opposing coaches call it "good baseball strategy." What, did you expect a morally correct answer?

Detroit Tigers manager Jim Leyland's decision to walk St. Louis Cardinals slugger Albert Pujols qualifies as good baseball strategy; a little league coach intentionally walking a small child does not under any circumstances (especially if you're getting to a cancer-stricken young boy).

Apparently it is also "good baseball strategy" to pay an eight-year-old kid to injure his less talented, autistic teammate; a Pennsylvania coach's employment of this tactic in 2005 led to a conviction of corruption of a minor and criminal solicitation to commit simple assault, which was passed down in September.

Is winning that important? Is grabbing some playing time so important too? Ask that to the 40-year-old man who pulled a gun on his son's coach because his son wasn't getting enough playing time.

It's not even appropriate if, hypothetically, the father of Cleveland Browns wide receiver Braylon Edwards were to pull a gun on coach Romeo Crennel if he thought that his son wasn't getting enough touches. That's in the NFL, by the way.

Not to mention a certain alleged parent-on-coach punching incident involving Shaker women's basketball coach Don Readance after one man's daughter was cut from the team.

Is there any other word to describe the actions of some parents and coaches than despicable?

There are plenty more examples of this kind of behavior. It's an epidemic that's ruining what fun there was in the youth sports of yesteryear.

FIGHT SONG ROOTED IN TRADITION

BY ALEXA SYKES
STAFF REPORTER

As the sea of red bursts out on to the football field, the familiar and catchy Shaker fight song resonates in the background.

"Navy Blue and Gold" has echoed throughout Russel H. Rupp Stadium since the 1940s, when it was adopted as Shaker's fight song.

A former Shaker band instructor known only as "Mr. Spinner," (according to band director Thomas Deep) discovered "Navy Blue and Gold" while he served in the armed forces during World War II. "Navy Blue and Gold" serves as the Naval Academy's Alma Mater, played at a slow pace.

As Spinner read over the music, he altered it to play it at a faster pace, so it could be used in a marching band. From there, it became the Shaker Fight Song.

Deep said that Spinner came across music with the Shaker football stadium on the cover in 1944, while he was in Chautauqua, NY.

Inside, he found the "Shaker High March," by Frank E. Stafford, which drew his attention. For a while, this served as the Shaker fight song, until Spinner found "Navy Blue and Gold."

Shaker students enjoy the fight song, including band members, football players, or simply spectators, as it's tune rallies excitement among the student body.

"I really like the fight song," sophomore tuba player A.J. Woolen said. "It gets me pumped up for the football games, and it's pretty easy to learn."

Other Ohio high schools, such as Euclid and Mentor, have adopted The Ohio State University's "Across the Field," a popular tune at Ohio Stadium, as their fight song. Shaker continues to stand out with the catchy "Navy Blue and Gold."

Fans appreciate the unique sound. "[It's] the first thing I notice when I walk into a football game. Everyone gets really excited," freshman Colin Priebe said.

Sophomore Raiderette Sophie Beal agrees with Woolen. "The fight song is so much fun to dance to, and the tune gets stuck in your head easily," Beal said.

"There's no better way to get excited with school spirit than playing the Shaker fight song," sophomore band member Michael Mitro said. "The crowd really seems to love it."

Courtesy of Jeanine Cahill

JUNIOR CHRIS MAWHORTER marches alongside Ayanna Smith and other french horn players in the 2006 Memorial Day parade. The marching band plays a quick version of the Naval Academy Alma Mater.

Adam Maraschky • The Shakerite

LOOKING FOR AN open lane, senior defenseman Kevin Glass skates through the North Olmsted defense Nov. 11. Shaker's first home game is Dec. 1 against Trinity High School.

Hockey predictions

• Players Glass and Weir break down the Red North with our projections

1) • **University School**- "U.S. is going to be a real powerhouse," junior forward Sam Weir said.

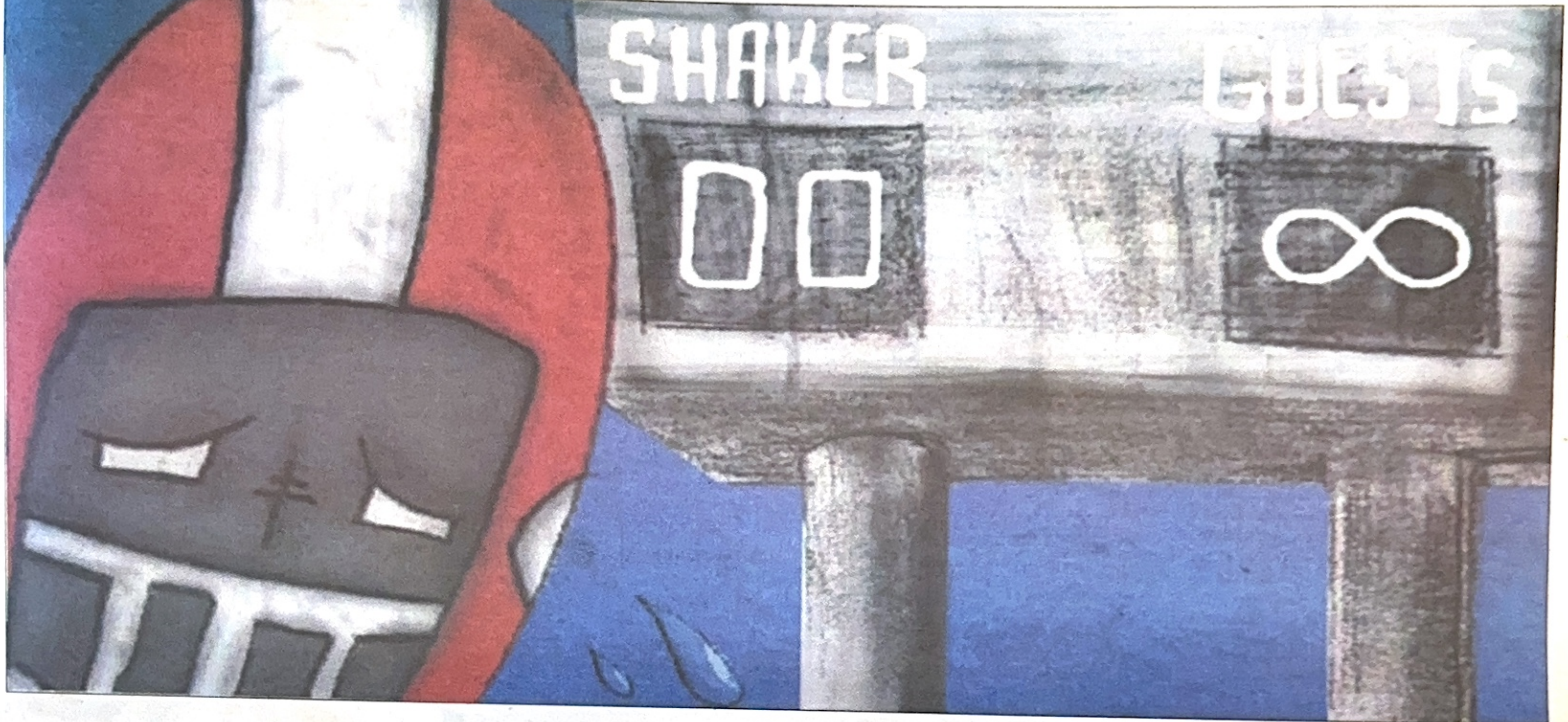
2) • **St. Edward**- "They lost a lot of kids but they always have a strong team," senior defenseman Kevin Glass said.

3) • **Padua**- "Athough they lost key players, they're still pretty strong," Glass said.

4) • **Shaker**- "We have strong captains but the depth of our lines could be a problem," Weir said.

5) • **Lake Catholic**- "[They] lost a lot of people to the Barons [junior hockey club team] so they're not going to be like they were last year," Weir said.

6) • **Trinity**- "They lost a lot so they're in for a shock," Weir said. "Especially since they're new [to the Red North]."



Tyler Naugle • The Shakerite

FOCUS SHIFTS TO SPORTSMANSHIP

BY SAM WIENGARDNER
STAFF REPORTER

In today's hyper-competitive world of high school sports, one state is taking a step toward returning the focus of the field to sportsmanship.

The Connecticut Interscholastic Athletic Conference recently instituted a 50-point rule that forbids a football team from winning a game by 50 points or more. If a team violates this rule, the coach will be suspended for one game as punishment.

The Ohio High School Athletic Association has a "mercy" rule in baseball and softball, which ends the game if one team leads by ten runs after five innings or 15 runs after three innings.

Some athletes would like to see that rule extended to all sports.

Ryan Hines, senior captain of the football team and a varsity baseball player, thinks Connecticut's rule is a good idea.

"A lot of the time the teams aren't as good as their competition and there is no reason to keep playing," Hines said.

"I think it works fine in baseball so there's no reason it can't work well in football."

He's not alone in supporting the rule. "I think it's a good rule because some of the teams we play are so bad there is no point in showing them up by scoring 30 runs," Will Caldes said.

The junior catcher and offensive lineman continued, "there is really no point after a while because if a team is good enough to be up by 10 runs so early, they are obviously the better team and will win the game."

Football coach Anthony "Beano" Watkins is against the rule. "If we lose 60-0, we deserve to lose 60-0," Watkins said.

"If you field a team, you field the most competitive team that you can and you need to learn from getting beat that badly."

Watkins also said that if the shoe were on the other foot he would coach the game no differently.

"I would put the backups in, but in terms of play calling it would be no different."

Hines resists this idea. "There is no reason to be beating a team by more than 50 points in football," Hines said.

"Because after a while the people know who the better team is and all you are doing is being unsportsmanlike."

Girls' soccer captain Molly Fisher opposes extending the rule.

"Everyone has played a game where it is obvious who is better, but in soccer I think, even if you lose, if you score only one goal, it can still give you something to build on as a team," said Fisher.

Men's soccer captain Connor Norbert is also against mercy rules.

"There is no reason for a rule like that because in soccer most of the scores never get that high," Norbert said.

"Most of the time the coaches do a good job of keeping the scores respectable, plus during blowout games it gives the backups a chance to play," he said.

"Whether or not Ohio adopts the rule for all sports, teams will still continue to be blown out," Fisher said.

"Everyone has played a game where they have been on the bad side of a blow out but I think it makes you stronger if you have to suck it up and keep playing when you're down."

OHIO STATE TRUMPS MICHIGAN

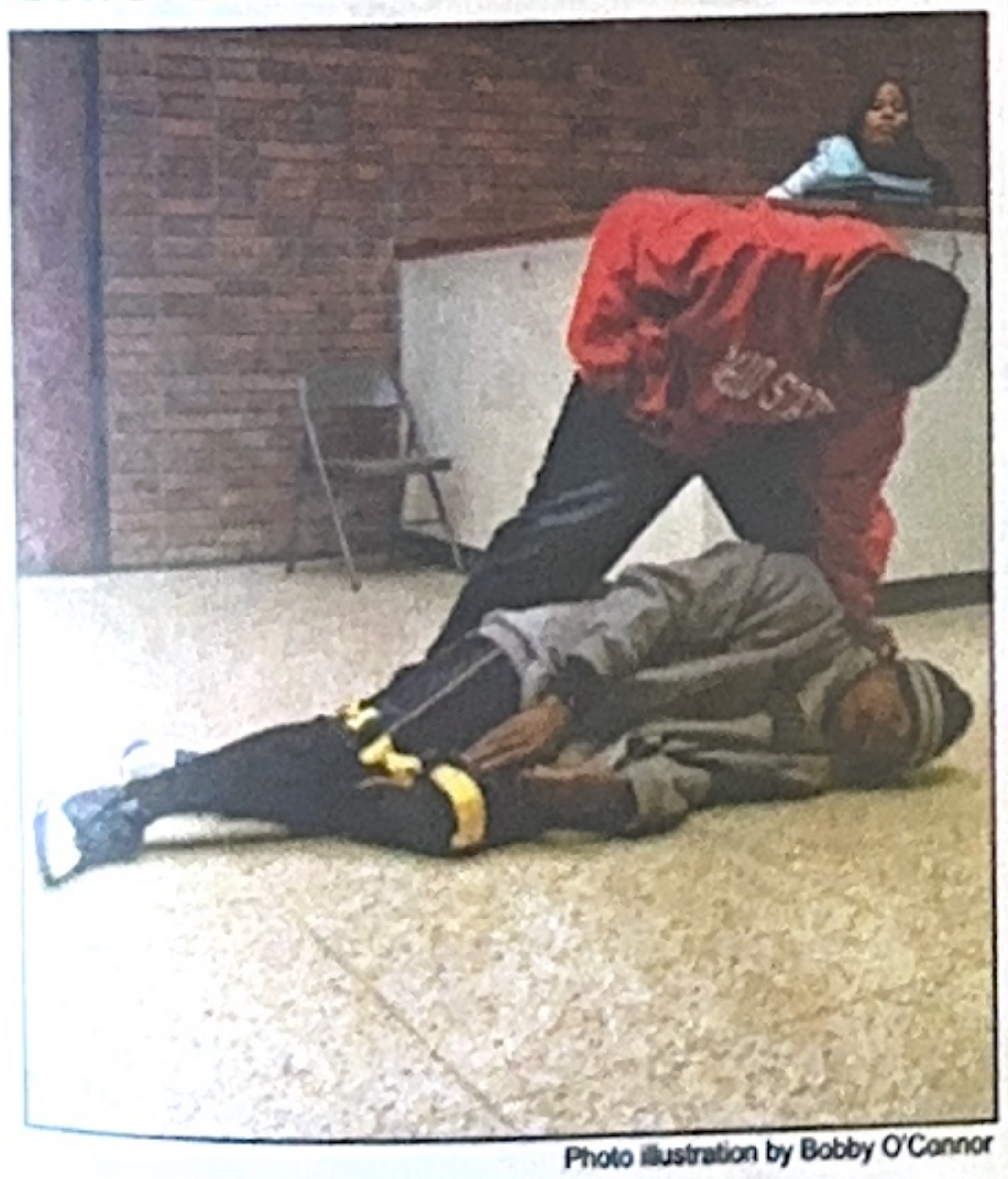


Photo illustration by Bobby O'Connor

OHIO STATE FAN Raheem Brooks, a junior, jokingly pummels junior Jeremy Hill, a Michigan fan. Ohio State won the rivalry game 42-39.

Former Shaker soccer star shines on west coast

RISING COLLEGE STAR:

Former Shaker soccer player Danesha Adams ('04) is having quite a career out on the west coast at the University of California at Los Angeles. The junior midfielder was second on the squad in goals, points (assists plus goals) and shots. This is after being a member of the U.S. team that won the 2006 Confederation of North America, Central America and Caribbean Association Football under-20 qualifying tournament in Mexico.

TEDDY CAHILL

IT'S GOTTA BE THE SHOES:

The new ball isn't the only thing tormenting the game. New York Knicks point guard Stephon Marbury consistently does the same with his stereotypical NBA player selfish attitude. But at least he's not ripping off the American public for his shoes like Cleveland's messiah, LeBron James, or like former NBA great Michael Jordan has always done. If Marbury's shoes are any reflection of the man, even buying them at $15, you might become overpriced, self-centered and continually at odds with your superiors.

MIKE YOUNG

TALKIN' TRIBE:

Who has a tighter budget than the Shaker school system? Only the Cleveland Indians.

Cheap owner Larry Dolan promised to open up his wallet this off-season (like we really believe that), after refusing to do so in previous years.

If our dreams come true, we have some suggestions for him:

First off, the bullpen needs to be completely re-built, starting with a closer, where there's hardly anything available in free agency (Joe Borowski, perhaps).

Second base was a need but general manager Mark Shapiro recently pulled off a sweet deal with the San Diego Padres for the young, quick and adequate fielding Josh Barfield.

Early reports say the Indians are going after outfielders Luis Gonzalez and Moises Alou, two old and pricey veterans who probably won't provide enough run production.

J.D. Drew would be a good fit in the outfield but he's an injury liability. Craig Wilson would be a less expensive fit in left field if Drew is too expensive.

If their payroll doesn't increase near the $70 million mark, then look for another tough year for the Indians.

ULTIMATE DISC CLUB CRASHES CINCINNATI

Shaker's Ultimate Disc Club got a fall warm-up, traveling to Cincinnati for the annual "Huckoween" ultimate tournament. Shaker sent two teams to the Oct. 28-29 tournament, the "A" team finished fourth out of 10, and the other finished sixth. Junior Andrew Steenburgh, co-captain of the "A" team, said the experience was enjoyable. "We met a lot of teams from all over the place," Steenburgh said. "It was evenly balanced between competition and light fun." Lextington Catholic High School from Lexington, Kentucky, placed first in the tournament.

Adam Maraschky • The Shakerite

DURING PRACTICE, SENIOR Ryan Hines and junior Cullen Clair fight for the ball as their teamates wait for a loose ball. Shaker was voted first in The Shakerite LEL Basketball preseason poll.

The Shakerite Lake Erie League preseason men's basketball poll

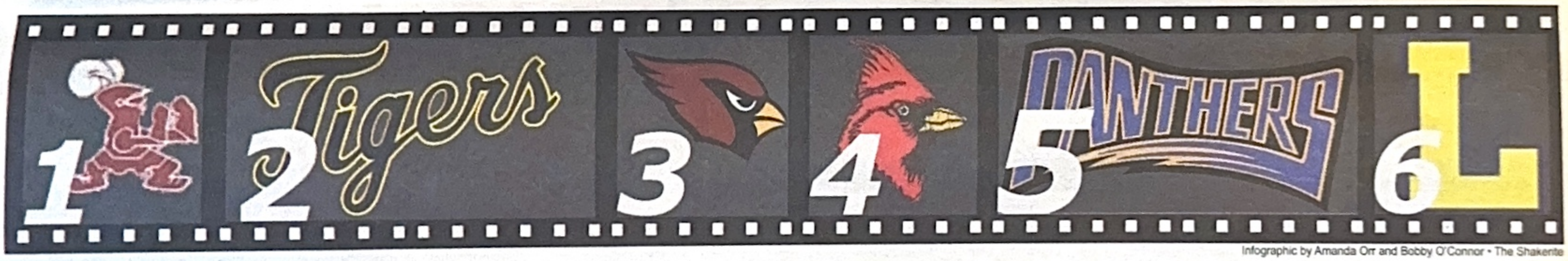
The Shakerite Lake Erie League preseason men's basketball poll, with number of first-place votes and total points:

1. SHAKER (5)	30
2. CLEVELAND HEIGHTS	22
3. MENTOR	19
4. SHAW	14
4. EUCLID	14
6. LAKEWOOD	6

JUNIOR DARIUS MINOR drives to the basket, about to pull up for a jump shot. Minor, a guard and tranfer student from last year, is joined on varsity this season by two transfer students.

Adam Maraschky • The Shakerite

Raider Zone editor Teddy Cahill previews Lake Erie League men's basketball



Infographic by Amanda Orr and Bobby O'Connor • The Shakerite

1 Shaker

Led by senior guards Nick Winbush and Jaren Hill, Shaker has high expectations for the upcoming season. Winbush had a breakout season last year, leading to his signing a letter of intent with Miami University for next season. The main challenge this season will be replacing four senior starters from last year's team. One of these holes is expected to be filled by senior small forward Cameron Thompson, a transfer from University School.

"We may not be the most talented team in the league, but we have a lot of experience on our side," coach Bob Wonson said.

2 Cleveland Heights

Cleveland Heights will face a unique challenge this year replacing a coach Jim Cappeletti, whose 539 wins over 37 seasons rank 17th in the state all-time. Barry Egan has been hired to replace Cappeletti.

However, many coaches agree that Heights has incredible talent and should be able to compete this year. "They might have the best talent in the league," Euclid coach Sean O'Toole said.

When Shaker meets Heights on the road for the second time on Feb. 17, at Heights, it may be for the LEL title on the final day of the regular season.

3 Mentor

After losing first team all-Ohio player Adam May to graduation, Mentor seems to be headed into a rebuilding year with a very young team. "Replacing [May] will be very difficult," said Mentor coach Bob Krizancic."He broke presses, handled the ball- besides being all-time scorer and outstanding rebounder."

Mentor will lean heavily on junior guard Joey Meyer, who was all LEL last year. Look for Mentor to rely on him early in the year and draw double teams from many of Mentor's opponents. "We expect to improve greatly and be very competitive by mid-January," Kriznic said.

4 Shaw

In Shaw's first year in the LEL Lake Division, they will be playing without a home gym. Shaw will play all 19 games on the road because their gym is being rebuilt, leaving them homeless for a year. "It will be a unique year for Shaw, not having any home games," coach Leon Hines said. "It'll be a tough run no matter what."

Shaw's promotion to the big-school division of the LEL marks their return to their original division. "Our expectation this year is to compete," Hines said. "The Lake Division is more physical and has more intense rivalries, we will have to be mentally tough."

5 Euclid

In a year in which the LEL is full of young basketball teams, Euclid is no exception; only one player who saw substantial varsity action last year will return.

"We're still trying to figure out our rotation for this year," O'Toole said. Teams will not overlook this small young team because "An O'Toole coached team is always going to be strong," Hines said.

By the time Shaker first sees Euclid Jan. 5, the young Panthers may have find their own identity. "We're trying to get them to learn to play together," O'Toole said.

6 Lakewood

Lakewood's chances for this year's basketball season ride on the shoulders of 6-foot-5-inches junior forward Kevin Knab. Travis Wise a 6-foot-2 inch senior guard who led the team in assists last year will help him.

"The league will be tough this year, everyone is really good," coach Kirk Culler said. "There's a lot of individual talent in this league."

Lakewood will visit Shaker on Jan.12 for their first meeting of the season.

"All 10 league games should be difficult," Culler said.